

YOU'VE GOT TO BE FITTING ME!

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Course Description

Fitting eyeglass frames properly is crucial to ensure comfort, optimal vision and overall satisfaction for patients. Every patient is unique and there may be additional steps based on individual needs and preferences. The goal of this course is to teach opticians how to achieve a comfortable and stylish fit that provides clear vision to align with the patient's eyedentity.

What are the Complaints?

- Discomfort
- Distorted Vision
- Slipping Forward
- Fogging
- Eye Fatigue
- Light Sensitivity
- Difficult to Adjust
- Frame Imbalance
- Allergic Reactions
- Eyelashes or brows
- Color Distortion

PREPARATION

UNDERSTANDING YOUR CLIENT IS KEY

RULES OF ENGAGEMENT

CHECK THE MIRROR!

HAVE FUN!

PAY ATTENTION & LISTEN!

BE HONEST!

MARKETING OR ADVERTISING?

- THEY BOTH INVOLVE PROMOTING
- THEY BOTH ARE CREATIVE IN THEIR APPROACH
- THE BOTH ARE ESSENTIAL TO YOUR BOTTOM LINE

MANDATORY ADJUSTMENTS



- Standard Alignment
- Four Point Touch
- Horizontal Alignment
- Vertical Alignment

FRAME SELECTION



- Cosmetic Considerations
- Frame and Facial Shape
- Facial Types*
- Take it easy

Frame Fitting Basics

1. FIT THE FRAME TO THE WIDEST PART OF THE FACE
2. THE BRIDGE MUST REST EVENLY ON BOTH SIDES OF THE NOSE
3. TOP EYEWIRE SHOULD SUPERIMPOSE THE NATURAL BROWLINE
4. THE TEMPLE BEND SHOULD OCCUR AT THE TOP OF THE EAR OR SLIGHTLY BEHIND THE TOP OF THE EAR





SADDLE BRIDGE

FOLLOWS THE CONTOUR OF THE NOSE



KEYHOLE BRIDGE

RESTS EVENLY ON BOTH SIDES OF THE NOSE WITHOUT TOUCHING THE TOP OF NOSE



UNIFIT BRIDGE

SMOOTH UNINTERRUPTED FIT PREVENTING GLASSES FROM SLIPPING



ADJUSTABLE NOSE PADS

IDEAL FOR HARD-TO-FIT NOSES

BASE DOWN TRIANGULAR FACE

- WEARING GLASSES WILL ADD BALANCE
- FRAMES SHOULD BE SAME WIDTH AS THE LOWER FACIAL AREA
- A FRAME WITH ROUNDED LINES GIVES WOMEN A SOFTER MORE FEMININE LOOK

BASE UP TRIANGULAR FACE

- MORE DIFFICULT TO FIT
- FRAME SHOULD BE MINIMAL WIDTH
- ROUNDED LENS SHAPE WILL SOFTEN THE LOOK

PROPER TEMPLE FIT

- NO PRESSURE ON THE SIDES OF THE HEAD
- REST LIGHTLY ON TOP OF THE EARS
- CONTOURED TO ALIGN WITH THE MASTOID BONE BEHIND THE EARS
- BEND SLIGHTLY INWARD AT THE TIP

VERTEX DISTANCE

INCREASE

- PLUS LENS INCREASES MAGNIFICATION
- MINUS LENS INCREASES MINIFICATION

DECREASE

- PLUS LENS DECREASES MAGNIFICATION
- MINUS LENS DECREASES MINIFICATION

SELECTING FRAMES FOR PROGRESSIVE WEARERS

- SUFFICIENT PANTOSCOPIC TILT
- GOOD VERTICAL DEPTH
- GOOD VERTEX DISTANCE

SELECTING FRAMES FOR HIGH MYOPES

- AVOID LARGE FRAMES, BOTH FULL & RIMLESS
- CHOOSE FRAMES WITH ROUNDED CORNERS AND/OR MINIMAL DECENTRATION
- STAY AWAY FROM FRAMES THAT GO PAST THE WIDEST PORTION OF THE FACE

SELECTING FRAMES FOR HIGH PRESBYOPES

- EYESIZE SHOULD BE KEPT TO A MINIMUM TO REDUCE WEIGHT
- CHOOSE A STUDY ZYL FRAME TO ENSURE ALIGNMENT AND GOOD OC PLACEMENT
- AVOID ED'S THAT ARE MORE THAN 2MM GREATER THAN THE EYESIZE

SELECTING FRAMES FOR CHILDREN

- PRAY FOR PATIENCE
- ALWAYS REMEMBER, SAFETY FIRST
- SOLID PLASTIC OR MEDAL FRAME WITH SPRING HINGES
- TRIVEX OR POLYCARBONATE LENSES

**HOW DO YOU
MEASURE UP?**





What brand is that?

LET THEM KNOW!

WHICH LENS MATERIAL SHOULD I USE?

- CR39
- POLYCARBONATE
- TRIVEX
- HIGH INDEX

LENS CUSTOMIZATION

- FREEFORM
- PROGRESSIVE LENSES
- OCCUPATIONAL LENSES
- SV VARIABLE FOCUS
- CR39, TRIVEX & POLYCARBONATE
- HI-INDEX
- ANTI-REFLECTIVE COATING
- PHOTOCROMIC
- POLARIZED, TINT & UV
- MIRROR COATINGS

SIMPLE ADJUSTMENTS TO CORRECT MISALIGNMENT

FRAME SLIDING DOWN

- CHECK FOR CORRECT TEMPLE LENGTH
- RE-ADJUST THE TEMPLE BEND
- CHECK THE TENSION OF THE TEMPLE AGAINST THE SIDE OF THE HEAD

ONE SIDE IS HIGHER THAN THE OTHER

- ADJUST THE FRAME TO 4 POINT TOUCH
- ENSURE THE NOSEPADS ARE EVENLY ALIGNED
- IF ONE EAR IS HIGHER THAN THE OTHER, DECREASE THE PANTOSCOPIC TILT ON THE HIGH SIDE OR VICE VERSA DEPENDING ON THE DESIRED FIT

EYELASHES TOUCHING THE LENSES

- REDUCE THE FACE FORM OF THE FRAME FRONT
- DECREASE THE DISTANCE BETWEEN THE NOSE PADS
- REDUCE THE TEMPLES SIDE TENSION

ONE SIDE FITS CLOSER

- CHECK STANDARD ALIGNMENT
- ANGLE TEMPLE ON CLOSE SIDE OF EYEWEAR INWARD
- CHECK TEMPLE BEND AND ENSURE THE TEMPLES ARE THE SAME LENGTH FROM THE HINGE TO THE BEND

LENS IS OFF AXIS

- WHY WERE THE GLASSES DISPENSED?
- MORE QUALITY CONTROL MEASURES NEED TO BE ADDED
- UPGRADE YOUR STAFF IF THIS IS AN ISSUE

FINDING UNWANTED PRISM

- WHEN THINGS LOOK LIKE THEY GO UPHILL, LOOK FOR BASE-DOWN PRISM
- WHEN THINGS LOOK LIKE THEY GO DOWNHILL, LOOK FOR BASE-UP PRISM
- WHEN THINGS LOOK TOO HIGH ON ONE END & TOO LOW ON THE OTHER END, LOOK FOR BASE-IN OR BASE-OUT PRISM

THESE NOSE PADS ARE KILLING ME

- CHECK STANDARD ALIGNMENT OF THE FRAME FRONT
- REPLACE HARD PLASTIC NOSE PADS WITH SILICONE PADS
- INCREASE THE DISTANCE BETWEEN THE NOSE PADS & ADJUST THE FLARE
- REDUCE TENSION IN TEMPLE ALONG THE SIDE OF THE HEAD

SEGMENT TOO HIGH

- FIRST OF ALL, NOT ME OKAY! NOT ME BUT...
- LOWER THE FRAME BY ADJUSTING THE NOSE PADS FURTHER APART
- AND/OR ADJUST THE PAD ARMS TOWARD THE FRAME FRONT
- INCREASE PANTOSCOPIC TILT AND FACE FORM

SEGMENT HEIGHT TOO LOW

- ONCE AGAIN, NOT ME! I'M SERIOUS...
- RAISE THE FRAME BY ADJUSTING THE NOSE PADS CLOSER TOGETHER
- ADJUSTING THE PAD ARMS AWAY FROM THE FRAME FRONT IS
- DECREASE FACE FORM AND PANTOSCOPIC TILT



THE REACTION YOU
GET FROM
CLIENTS WHEN
IT'S A
GOOD FIT!

