

Contact Lenses: Core Skills – Fitting and Aftercare

Soft contact lens fitting tips

Lens fit

Lens	Possible causes
Indications of loose fit	<ul style="list-style-type: none"> • Decentered lens • Excessive lens movement on blink and/or horizontal gaze • Lens awareness • Variable vision – especially post blink
Indications of tight fit	<ul style="list-style-type: none"> • No lens movement on blink and/or horizontal gaze • PUT – lens difficult to move • Indentation of conjunctival vessels
Poor centration	<ul style="list-style-type: none"> • Lens too small • Loose lens • Tight lids

Patient symptoms

Issue	Possible causes	Action
Poor comfort	<ul style="list-style-type: none"> • Damaged lens • Foreign body • Loose lens • Sensitive patient • Poor wetting/deposited lens • Dry eye 	<ul style="list-style-type: none"> • Replace lens • Remove and replace lens • Tighten fit • Change lens design • Replace lens (increase replacement frequency) • Change cleaning regime • Change material • Check tears, lids and lashes and manage appropriately
Poor vision	<ul style="list-style-type: none"> • Prescription change • Residual astigmatism • Loose lens • Poorly wetting/deposited lens • Switched lenses (in wrong eyes) 	<ul style="list-style-type: none"> • Over-refraction & alter power • Over-refraction, check spec Rx & consider toric lens • Tighten lens • Replace lens (increase replacement frequency) • Change cleaning regime • Change material • Swap lenses