## RGP contact lens fitting tips

### Lens Fit

The table below outlines any modifications to consider if VA or comfort is affected.

Whilst many RGP lenses are stock lenses with limited parameters many manufacturers will tailor-make lenses if required.

<table>
<thead>
<tr>
<th>Lens Position</th>
<th>Possible causes</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low riding, dropping rapidly after blink</td>
<td>• Lens too small&lt;br&gt;• High power positive lens&lt;br&gt;• Lens too thick</td>
<td>• Increase diameter&lt;br&gt;• Use peripheral negative carrier&lt;br&gt;• Reduce centre thickness</td>
</tr>
<tr>
<td>Riding high, not dropping after blink</td>
<td>• Flat peripheral zone&lt;br&gt;• Lens too large&lt;br&gt;• Peripheral zone too wide&lt;br&gt;• Thick edges/lens&lt;br&gt;• High power negative lens&lt;br&gt;• With-the-rule astigmatism</td>
<td>• Steepen BOZR or peripheral curve&lt;br&gt;• Decrease diameter&lt;br&gt;• Narrow peripheral curve&lt;br&gt;• Reduce edge/lens thickness&lt;br&gt;• Lenticulate edge&lt;br&gt;• Toric periphery</td>
</tr>
<tr>
<td>Lens rides to side</td>
<td>• Small lens&lt;br&gt;• Flat lens&lt;br&gt;• Against-the-rule astigmatism&lt;br&gt;• Displaced corneal apex</td>
<td>• Increase diameter&lt;br&gt;• Steepen lens (reduce BOZR/increase TD)&lt;br&gt;• Use toric design (periphery/back surface)&lt;br&gt;• Increase diameter&lt;br&gt;• Consider soft lens</td>
</tr>
<tr>
<td>No/limited movement</td>
<td>• Lens too steep&lt;br&gt;• Lens too large</td>
<td>• Flatten lens (increase BOZR/reduce TD)&lt;br&gt;• Reduce diameter</td>
</tr>
<tr>
<td>Excessive movement and beyond limbus</td>
<td>• Lens too flat&lt;br&gt;• Spherical lens on toric cornea</td>
<td>• Steepen lens (reduce BOZR/increase TD)&lt;br&gt;• Use toric design (periphery/back surface)</td>
</tr>
<tr>
<td>Lens falls out</td>
<td>• Lens too small&lt;br&gt;• Lens too flat&lt;br&gt;• Excess edge clearance</td>
<td>• Increase diameter&lt;br&gt;• Steepen lens (reduce BOZR/increase TD)&lt;br&gt;• Reduce edge clearance</td>
</tr>
</tbody>
</table>
## Contact Lenses: Core Skills – Fitting and Aftercare

### RGP contact lens fitting tips

## Patient symptoms

<table>
<thead>
<tr>
<th>Issue</th>
<th>Possible causes</th>
<th>Action</th>
</tr>
</thead>
</table>
| Poor comfort | • Excess movement  
• Excess edge clearance  
• Edge too thick  
• Damaged lens  
• Sensitive patient  
• Toric cornea  
• Foreign body  
• Poor wetting/deposition | • Tighten fit (reduce BZOR/increase TD)  
• Reduce edge clearance  
• Reduce edge thickness  
• Replace lens  
• Thinner/different lens design  
• Increase diameter  
• Soft lens  
• Toric design  
• Aspheric lens  
• Remove and replace lens  
• Clean lens  
• Change material  
• Improve cleaning regime  
• Increase replacement frequency |
| Poor vision | • Prescription change  
• Residual astigmatism  
• Change of corneal shape  
• Scratched lens  
• Poorly wetting/deposited lens  
• Warped lens  
• Switched lenses (wrong eyes) | • Over-refraction & alter power  
• Over-refraction & toric lens  
• Review and modify fit  
• Replace lens  
• Change cleaning regime  
• Change material  
• Check/change lens  
• Swap lenses |
| Flare/haloes at night | • Lens too small with increased pupil size  
• Lens dropping low | • Increase lens total diameter (flatten BOZR to compensate)  
Increase BOZD  
Change to aspheric design  
Refit in larger diameter or different design |
| 3 & 9 o’clock staining | • Edge profile and lens fit  
• Dry eye  
• VDU use | • Increase or decrease edge clearance  
• Increase or decrease diameter  
• Lubricants & lid management  
• Blinking & breaks |