

# Contact Lenses: Fitting Astigmatic Patients–Soft Lenses

## Toric soft lens fitting and problem solving tips

### Lens Fit

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

### Patient symptoms

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