

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"> • Decentered lens • Excessive lens movement on blink and/or horizontal gaze • Lens awareness • Variable vision – especially post blink • Variable rotation of lens
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 • Fixed rotation of lens
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 • Toric lens rotated (stable) • Toric lens rotating (unstable) • Residual astigmatism • Loose lens • Poorly wetting/deposited lens • Switched lenses (in wrong eyes) 	<ul style="list-style-type: none"> • Over-refraction & alter power • Change cyl axis (CAAS) • Change toric lens design • Over-refraction, check spec Rx • Tighten lens • Replace lens (increase replacement frequency) • Change cleaning regime • Change material • Swap lenses