



- Ensure an up to date spectacle prescription and allow for BVD if $> 4.00D$.
- Always follow the manufacturer's fitting guide.
- Assess the dominant eye if needed using 'sensory dominance method' (holding $+1.00$ over each eye in turn and assessing impact on vision).
- Let the lenses settle before assessing vision (let patient experience the outside world).
- Ensure lenses centre well.
- Use 'real world' targets to assess vision.
- Do not use a phoropter head.
- Use flippers to over refract binocularly.
- Small $0.25D$ changes can make a big difference.
- Use distance and near subjective scores.
- Provide lighting advice, especially for near tasks.
- Sunglasses will improve driving in bright light with centre near designs.
- Use lenses with handling tints.
- Consider using higher modulus or overnight wear lenses where there are handling difficulties.
- Allow an adaption period of several days before reviewing patient.