



Steps to success with clariti® multifocals

Step 1: Up-to-date spectacle refraction

Least minus/most plus, vertex corrected, distance vision correction with near addition.
Calculate best sphere (BS) for distance vision.

Step 2: Establish ocular dominance by blur test

Wearing distance correction with both eyes open and viewing 6/6 line, pass a +2.00 lens alternately in front of each eye. The eye in which the blur is more noticeable with the +2.00 lens is the dominant eye.

Step 3: Lens selection

Starting with Best Sphere for distance vision use the table below to select the initial trial lens:

	Ocular Dominance	Spectacle ADD +0.75 to +1.75	Spectacle ADD +2.00 to +2.25	Spectacle ADD +2.50 and over
Hyperopes	Dominant Eye	BS LOW	BS +0.25DS LOW	BS +0.25DS LOW
	Non Dominant Eye	BS +0.25DS LOW	BS +0.50DS LOW	BS +0.25DS HIGH
Myopes Emmetropes	Dominant Eye	BS LOW	BS LOW	BS +0.25DS LOW
	Non Dominant Eye	BS LOW	BS +0.50DS LOW	BS +0.25DS HIGH

BS = Best Sphere **LOW** = Low ADD **HIGH** = High ADD

Step 4: Initial adaptation

Allow lenses to settle for 10 to 20 minutes in a 'real world' setting, outside the consulting room.
Encourage the patient to look at both distant and near objects such as road signs or buildings and near objects such as a watch or a mobile phone.

Step 5: Evaluate trial lenses

Perform a subjective assessment of distance and near vision on a scale of 1-10.

Measure distance and near vision under binocular conditions.

If vision and fit are acceptable dispense trial lenses with a follow up assessment in one to two weeks.

If vision is satisfactory it is highly recommended that further enhancements of vision are not attempted at this initial visit as the wearer needs to adapt to the lenses in their own environment.

If post-dispense enhancements are needed:

Near Vision Enhancements	Add +0.25DS to the non-dominant eye.
Distance Vision Enhancements	Add -0.25DS to the dominant eye.

Top ten tips for multifocal fitting

- 1 Careful patient selection with realistic expectations set.
- 2 Do not attempt to correct astigmats with greater than 0.75DC.
- 3 Use up-to-date, most plus, least minus, vertex distance corrected, best sphere prescription.
- 4 Adhere to manufacturer's recommended fitting guidelines.
- 5 Assess vision in good illumination and with real life scenarios common to wearer e.g. computer, mobile phone, driving distances etc.
- 6 Do not use phoropter or trial frame when assessing/improving vision. Use handheld trial lenses without occlusion.
- 7 Use 0.25DS steps when altering lenses. It is unusual for more than 0.25DS changes to be needed. **THINK SMALL!**
- 8 Take care when adding additional minus power for distance vision that near vision is not affected.
- 9 Always use lowest ADD power possible to achieve acceptable near vision.
- 10 If patient is happy with visual acuity do not attempt to refine to best Snellen acuity. Remember, on a scale of 1-10 anything over 6 could be considered acceptable.

Examples of initial lens selection

Hyperope with right eye dominant

Least minus/most plus vertex corrected prescription of:

	Right eye: +1.75/-0.50 x 180	Left eye: +2.25DS	ADD: +2.50
Adjusted for Best Sphere:	Right eye: +1.50DS	Left eye: +2.25DS	

Initial lens selection using lens selection table (step 3):

Right eye: +1.75 LOW (addition of +0.25DS is made to BS and a LOW ADD selected for dominant eye)
Left eye: +2.50 HIGH (addition of +0.25DS is made to BS and a HIGH ADD selected for non dominant eye)

Myope left eye dominant

Least minus/most plus correction vertex corrected prescription of:

	Right eye: -3.00/-0.75 x 180	Left eye: -2.75/-0.25 x 170	ADD: +1.25
Adjusted for Best Sphere:	Right eye: -3.25DS	Left eye: -2.75DS	

Initial lens selection using lens selection table (step 3):

Right eye: -3.25 LOW (no addition is made to BS and non dominant eye has LOW ADD)
Left eye: -2.75 LOW (no addition is made to BS and dominant eye has LOW ADD)