





EyeSystems

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No audio or video recording permitted

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Frame Adjusting
The Basics

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Why Adjust Frames Well?


- Patient comfort and health.



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Why Adjust Frames Well?




- Ensures maximum optical correction of the lenses.

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Why Adjust Frames Well?

- Patient loyalty.




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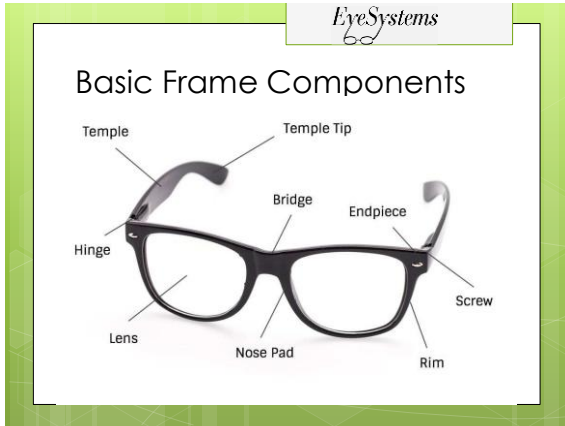
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Why Adjust Frames Well?

- Patient referrals.



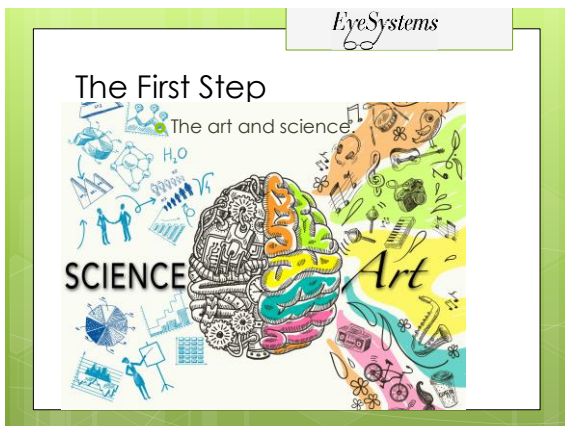
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Preliminary Adjustments

- Bridge – alignment




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Preliminary Adjustments

- Eyewire and wrap




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Preliminary Adjustments

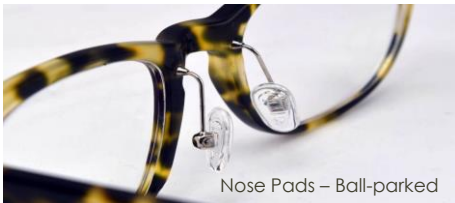
- Temples –
 - Straight – avoid too narrow or too wide



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Preliminary Adjustments




Nose Pads – Ball-parked

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This will sit straight for most people.




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Placement of the Patient


- o Establish control.
 - o Patient sits, you stand. Why?
- o Maintain control
 - o Request head movement to verify other fitting characteristics.
- o Dispensing tables and chairs.



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Putting the Frame On the Patient




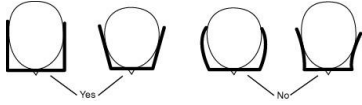
- Control.
 - You do it, act like the expert.
- Holding the frame.
 - Fingers above or below the temples?
- Putting the frame on.
 - Placement of the temples.

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Fine Tuning Adjusting Techniques

- Step 1
 - Widen or narrow the temples.


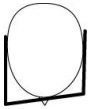



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Fine Tuning Adjusting Techniques

- Step 1
 - If the right lens is farther away from the eye than the left.


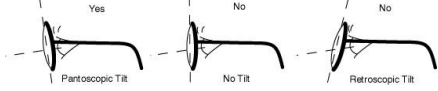



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Fine Tuning Adjusting Techniques

- Step 2
 - Raise or lower the temples to adjust pantoscopic angle.





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Fine Tuning Adjusting Techniques

- Step 2
 - Make sure the lenses are level.




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How To Raise or Lower Temples

- Bend the Hinge** and change the angle of the hinge.



- Up on the side that's up
- Down on the side that's down


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Fine Tuning Adjusting Techniques

Step 3

- Adjust behind the ears.
- Hot Spot
- Indentations



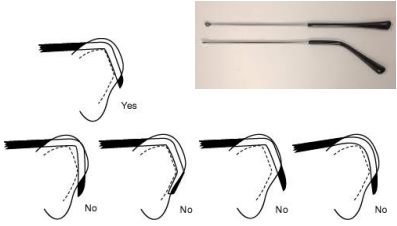
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Fine Tuning Adjusting Techniques

Step 3

- Adjust behind the ears.



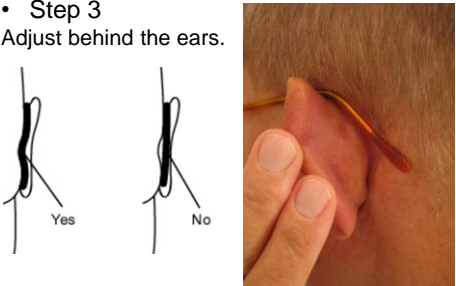
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Fine Tuning Adjusting Techniques

- Step 3


Adjust behind the ears.



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Adjusting Nose Pads

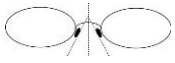




- Looped
- Straight
- American

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Adjusting Nose Pads

- Nose pad angles
 - Frontal angle 
 - Splay angle 
 - Vertical angle 

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Adjusting Nose Pads




- Front Angle – View from the front
 - The tops of the pads should be closer together than the bottom of the pads and level.
- Splay Angle – View from the top
 - The back of the pads should be farther apart than the front of the pads.
- Vertical Angle – View from the side
 - The bottom of the pad should be closer to the eyewire than the top of the pads.

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Adjusting Nose Pads


- Pads should
 - Rest halfway between the crest of the nose and the inner canthus.
 - Be flush with the surface.
 - Be adjusted to increase or decrease vertex distance.



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Eyewear Adjusting Goals



- Maximize Optical Correction
 - Achieve the intended OC placement.
- Achieve the intended segment placement.
- Achieve optimum pantoscopic angle (SV vs. multifocal).
- Achieve optimum vertex distance between eye and face.

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Eyewear Adjusting Goals

Achieve Patient Comfort + Perfect Balance

- Eyewear is in exact same position each time and stay there.
- Eyewear is comfortable for long periods of time.
- The patient does not return frequently to have the eyewear re-adjusted.




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Evaluating the Adjustment

- o With the frame on the patient

- ✓ Lift each lens at the same time and gently pull toward you – check the resistance.
- ✓ Ask the patient "Are they comfortable?"
- ✓ Make any changes as needed.



Evaluation


- OUTSTANDING
- Excellent
- Very Good
- Average
- Below Average

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Final Touches

- ✓ Check temples for proper fold.
- ✓ Secure the ends of the screws.
- ✓ Teach how to put on and take off.
- ✓ Discuss lens care and proper case use.
- ✓ Make sure the patient can see.



Evaluation


- OUTSTANDING
- Excellent
- Very Good
- Average
- Below Average

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PRACTICE

- o 21 attempts at a new skill to become comfortable
- o 10,000 executions to become an expert!



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