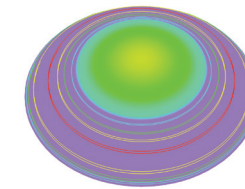


Miru 1 month multifocal fitting guide



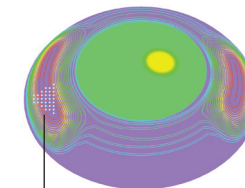
- Up to date spectacle prescription:** The essential starting point
 - **Best vision sphere:** Compensate for any astigmatism up to 1.00DC
 - **Maximum plus for distance vision and binocular balance:** Eyes relaxed and ready
 - **Vertex Distance:** For +/- 4.00D or greater
- ADD power:** Lowest Add for near vision needs e.g. mobile, tablet, PC
- Dominant eye:** Use the +1.00D blur method
- Initial lens selection:** Select your initial lens based on your wearer's ADD



LOW

Centre near vision

Natural transition through near, intermediate and far



HIGH

Decentred near zone

Dynamic stabilisation zones
Temporal indicator

Initial lens selection		
Add	Dominant eye	Non dominant eye
+0.75 to +1.75		
	LOW	LOW
+2.00 to +2.50		
	HIGH	HIGH

Near vision enhancements	
Dominant eye	Non dominant eye
LOW	LOW
HIGH	HIGH

Distance vision enhancements		OR	Distance vision enhancements	
Dominant eye	Non dominant eye		Dominant eye	Non dominant eye
LOW	LOW		HIGH	HIGH
Distance vision enhancements are generally not needed for wearers of the HIGH design due to the decentred near vision zone. If necessary follow the same principles as for low add.				

10 minutes 'real world' adaptation

HIGH design temporal locator mark

Triangle pointing to your ears!

HIGH design with marker

Miru 1 month multifocal fitting guide

Top tips for a successful multifocal fitting

Setting expectations:

Start by talking to your wearer and agreeing an initial goal.

- What does the patient want vs what is realistically achievable?
- Is their prescription within acceptable range. e.g. cyl no more than 1.00 DC?
- Will this meet their lifestyle requirements?

Refraction:

Getting these right BEFORE you select your lens sets you up for a successful fit.

- **Spectacle prescription:** Always start with a new subjective refraction
- **Best vision sphere:** Remove cyl, leaving just the spherical component in the trial frame. Blur the Left eye with +1.00D and refine the Right eye to best vision using +/- 0.25 steps. Repeat for Left eye with blur lens over Right eye
- **Max plus and binocular balance:** Ensures eyes are relaxed and working together starting with the max plus distance prescription will reduce the need for near vision enhancements later on
- **Lowest near Add:** Establish this using appropriate near vision tasks e.g. mobile phone, watch, PC etc.
- **Vertex Distance:** Don't forget for +/- 4.00 or greater this can make all the difference

Dominant eye:

Knowing the dominant eye is especially useful for refining a prescription.
It is recommended to use the sensory +1.00 blur method.

The eye which accepts blur least well is the dominant eye.

Initial lens:

Now the preparation is done lens selection is easy.
Simply follow the fitting guide overleaf!



10 minutes 'real world' adaptation

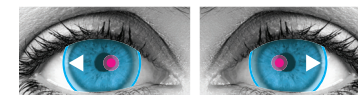
Allow wearer time to check their vision in 'real world' situations such as mobile, PC, road signs etc.



HIGH design locator marks

Show wearers how to apply lenses with the small blue triangle pointing towards their ears!

This is important to ensure the near zone locates correctly (LOW lens has no marker).



Optimising vision:

Always push the plus for distance and preferably keep the add choice the same in both eyes. For vision enhancements follow our suggestions on the fitting guide.

Remember no two presbyopes are the same, some useful examples:

- Myopes and emmetropes may prefer the HIGH design earlier
- Some hyperopes may prefer to remain with the LOW design with extra plus in the distance
- Younger presbyopes requiring good distance vision e.g. driving at night, may benefit from the decentered near zone of two HIGH lenses.

Dispensing:

Once your patient is comfortable with their vision allow adaption in their own time and environment, returning for a review and final dispensing.