

# It's Just a Contact Lens

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## Course Description

This course was designed to help ophthalmic professionals with basic contact lens terminology to better converse with their patients. Too many times we rely on interrupting the optometrist for a conversation we should be happy to have. Discussion will include topics such as cornea, base curve, keratometry and the various types of contact lens designs to correct refractive errors.

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## What is a contact lens?



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## Our Tears Are So Important

I cry sometimes.

- The surface of our eyes are kept moist by the tears formed by the lacrimal glands
- Hydration is maximized by a thin film of oil secreted by the meibomian glands over the layer of tears
- Keeps the globes moist which provides a smooth corneal refractive surface.



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## What is "K"?

The flattest meridian measured by keratometry

- Fit on "K"
- Flatter than "K"
- Steeper than "K"

How does the Lacrimal Lens Affect "K"?

- Plano tear layer
- Minus tear layer (FAP)
- Plus tear layer (SAM)



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## The Cornea

- Clear, transparent structure with a nice and shiny surface.
- Most of refraction in the eye takes place through the cornea.
- The cornea is relatively large at birth, being fully developed by the age of 2.
- Contains no blood vessels



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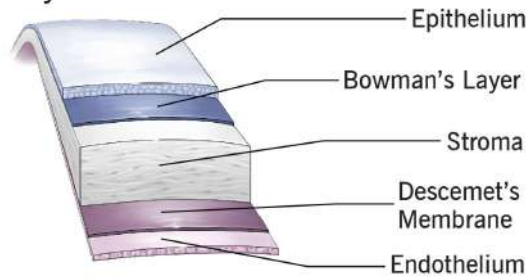
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## Layers of the Cornea



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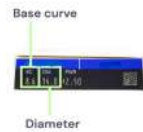
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## Let's Talk Base Curve

The radius of curvature of the central posterior surface of the lens

The BC may be expressed in diopters or millimeters

The BC has both a radius of curvature and a diameter(OZ)



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## It's Two More Curves!

**SECONDARY CURVE**

**PERIPHERAL CURVE**

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## What About the Lens Edge

Anterior Zone

Posterior Zone

Edge Apex

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## Techniques Used To Correct and Manage

Prism Ballast

Truncation



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## The 4 Main Categories

Spherical

Front Surface Toric

Back Surface Toric

Bitoric

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## 2 Types of Contact Lenses

SOFT & RIGID

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## Modern Contact Lens Designs

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**Spherical**

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**Toric**

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**Multifocal**

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# RGP Lenses

Rigid Gas Permeable

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# Hybrid



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# Specialty Designs

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# Colored & Cosmetic



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# Orthokeratology

ORTHO-K LENS

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# Scleral

Medical & Cosmetic

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# Monovision

Well, let's just say specialty use.

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# Special FX

Television & Film



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Well, how long do I suppose to wear them?

"I know I should do better but..."



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# Daily Disposable

DAILY!

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# Extended Wear

Two-Week & Monthly

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# Continuous Wear

Quarterly & Yearly

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# Subjective Findings

What to do if your patient says:

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I feel like my vision is distorted...

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This lens is causing too much pain!

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**This lens burns as soon as I insert it.**

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**These lenses are itching.**

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**Why is my lid swollen?**

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These lenses are foggy.

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# Be The Professional!

That's the purpose of your certifications and license.

**THANK YOU, NOW GO AND BE GREAT!**

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