



*EyeSystems*

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- www.EyeSystems.info

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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### Why Adjust Frames Well?

- Patient referrals.




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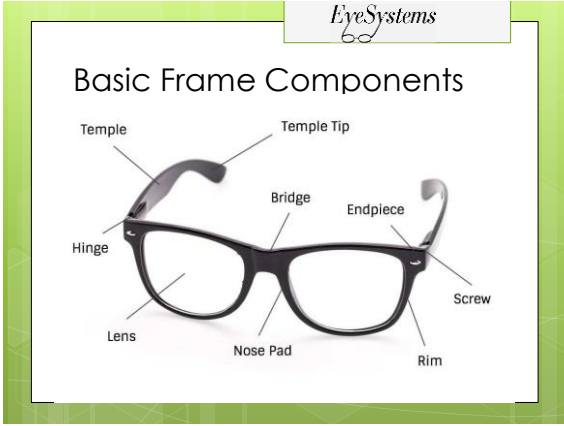
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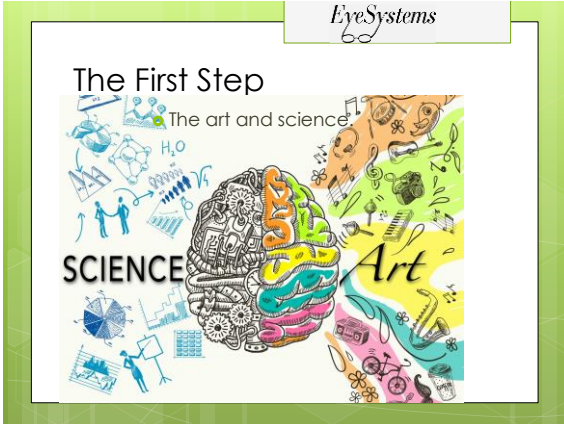
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### Preliminary Adjustments

- 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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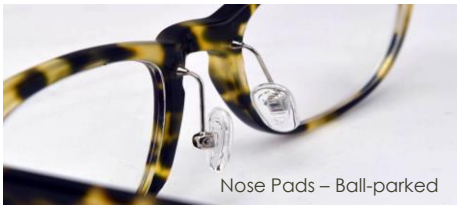
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### Preliminary Adjustments



Nose Pads – Ball-parked

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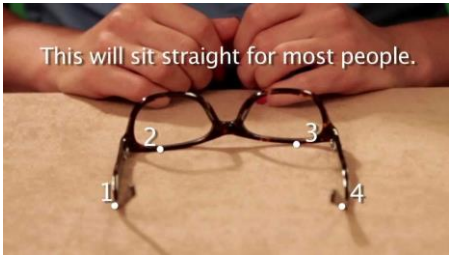
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This will sit straight for most people.



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### Placement of the Patient

- Establish control.
  - Patient sits, you stand. Why?
- Maintain control
  - Request head movement to verify other fitting characteristics.
- 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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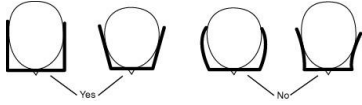
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## Fine Tuning Adjusting Techniques

- Step 1
  - Widen or narrow the temples.

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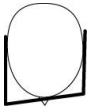
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## Fine Tuning Adjusting Techniques

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

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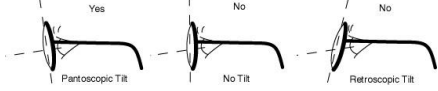
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### Fine Tuning Adjusting Techniques

- 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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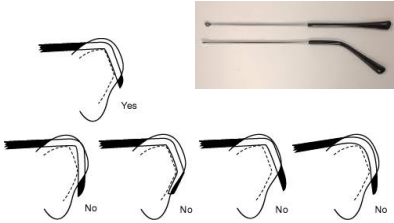

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### Fine Tuning Adjusting Techniques

- 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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