

First contact lens choice

Progression system and central optic zone (Zoc)

Reading zone choice

1. Centre near vision in most cases
2. Peripheral near vision if distance vision is poor, high myopia or decentrated pupil.

Procedure






- Determine dominant eye
- Find maximum convex (+) correction for distance vision
- Find the best acuity in distance vision to optimise Zoc diameter choice
- Determine the patients needs for: distance / intermediate / near

Wahl des Mehrstärkensystems

Requirements	Bf ☉ Bifocal	SP ☉ Simple progressive	Mp ☉ Multi progressive
Hyperopia			√
Myopia Addition < 1.75 dpt	√		
Myopia: Addition ≥ 1.75 dpt		√	
Priority in distance vision	√	√	
Priority in near vision	√		√
Priority in intermediate vision (computer)			√
Use in low light in distance vision		√	
Use in low light in near vision			√
Good contrast	√		√
Low Helos		√	
Anisometry > 2.00 dpt	√	√	
Amblyopia	√	(√)	
Modified monovision care	(√)	√	

Central optic zone, position and diameter:

recommendations for the 1st choice: standard pupil (3.50–4.00 mm) with normal lighting

	Bf ☉ Bifocal		Sp ☉ Simple progressive		Mp ☉ Multi progressive
	Centre near 	Periph. near 	Centre near 	Periph. near 	Centre near 
Dominant eye	2.25	3.75	2.50	4.00	1.50
Non-dominant eye	2.75	3.25	3.00	3.50	1.75
Undefined	2.50	3.50	2.75	3.75	1.50

For non standard pupil size or for distance/near preference, fit the Zoc in steps of 0.25 mm