



# Handling Spectacle Fitting Related Complains

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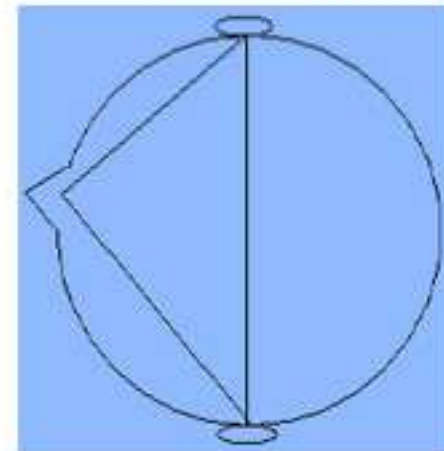
## The Fitting Triangle

Fitting Triangle is a concept that explains the fitting philosophy of spectacle frame on the face.

An overhead view of a patient's head with the frames shows that an ideally fitted spectacle frame would make contact at three points on the face only:

*Two tops of the ears and at the bridge.*

If we join all three points, it would make a triangle.



## Visual Inspection

Regardless of tools used to take measurements, a visual inspection of the overall spectacle frame fitting on the face and fitting the frame on the wearer's face keeping in mind his facial anatomy is the only way to ensure optimum comfort for the patient.

A good fitting is an art and needs powerful and effective observation on the face.

Observation, if done effectively will result in achieving the desired objective.

Put on the spectacle on the patient's face and observe the fitting in defined sequence.



An adjustment made to the spectacle frame fit on the wearer's face to fit him snugly is probably the most important aspect of spectacle dispensing.

An ill fitted spectacle not only results in issues related to subjective comfort, but also visual disturbances and finally overall dissatisfaction and drop outs.

*Sometimes it is the spectacle frame fitting on the face that is all that important.*

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*Sometimes it is the spectacle frame fitting on the face that is all that important.*

A well fitted eye wear

- Looks good
- Most comfortable and
- Serves the true function,

Whereas an ill-fitted eye wear would be

- Reason for dissatisfaction and
- Finally drop out

## Common Spectacle Frame Fitting Related Complains

1. Frame is loose and has the tendency to slip down.
2. Frame sits too high
3. Frame sits too low
4. Lenses unequal distance from eyes or lashes of one eye touch the lens
5. Lenses too far away from face
6. One lens higher than other
7. Frame touches the eyebrows
8. Eye lashes touch both lenses
9. Eye rim touches cheek
10. One nose pad hurts or cuts the nose
11. Both pads press nose or indent too much
12. Frame hurts behind the ears

Frame is loose and has the tendency to slip down.

PCSS:

- a. Side bend may be inadequate
- b. Temple width may be too spread out or too close
- c. Angle of the side bend may not be correct.
- d. Pads spread too far or bridge size too large. Narrow the same.
- e. No natural stop point on nose. Adjust pads so that the surface is on nose. Distribute weight over larger area by using larger pads.
- f. Frame too heavy, Replace it.

Frame sits too high

PCSS:

- a. Stretch the bridge or increase the distance between nose pads.
- b. Side bend may be more than required. Correct
- c. Temple width may be too narrow. Check

Frame sits too low

PCSS:

- a. Narrow the bridge (plastic)
- b. Decrease the distance between pads
- c. Bend the guard arm(nob) down and re-angle the pads

Lenses unequal distance from eyes or lashes of one eye touch the lens

PCSS:

- a. Temple width uneven. One temple is outer than other
- b. One temple is bowed
- c. Side bend unequally placed
- d. One side of wearer's head is wider than other
  - 1. Decrease temple spread on side closest to face. Or
  - 2. Increase temple spread on side farthest from face

Lenses too far away from face

PCSS:

- a. Pads too close together or distance between bridge too narrow
- b. Guard arm (nobs) too straight or too long, curl nobs.

## One lens higher than other

### PCSS:

- a. Improper side bend
- b. Pantoscopic angle incorrect on one side
- c. Increase pantoscopic angle on lower side. Or
- d. Decrease pantoscopic angle on higher side
- e. Bridge shows skewing
- f. Temple spread unequal
- g. One lens is rotated, giving the appearance of one lens being higher.

Frame touches the eyebrows

PCSS:

- a. Frontal angle is too retroscopic
- b. Increase the pantoscopic angle
- c. Frame is too near the face

## Eye lashes touch both lenses

### PCSS:

- a. Pads may be too wide apart, narrow pads or bridge or put rocking pads on
- b. Plastic frames.
- c. Guard arms (nobs ) may be too short or curled. Lengthen them
- d. Frontal bow may be more. Reduce
- e. Base curve of the lens fitted may be too flat from inside. There is a 0.6 mm
- f. Vertex distance change in base curve for every 1.00 D surface change.
- g. Temple pull behind ear may be too great.

Eye rim touches cheek

PCSS:

Too much pantoscopic angle

- a. Pads too far apart
- b. Pads rest too low on nose
- c. The frame is too large vertically
- d. Guard arm (nob) too short

One nose pad hurts or cuts the nose

PCSS:

The pad angle is incorrect

a.If the pad angle is correct then the temple spread is not even

Both pads press nose or indent too much

PCSS:

- a. Pads are too small for frame weight, replace with larger pads
- b. Pads are too close together
- c. Side bend is too much
- d. If none of the above appear to be a problem, then – Use a soft pad for a frame with adjustable nose pads. Or Use a stick on cushion pad for plastic frames.

Frame hurts behind the ears

PCSS:

Side bend too short, change the bend position

- a. Temple width behind the ears may be too narrow, causing more temple pressure
- b. Temple rides too high on ear, increase side bend
- c. Angle of side bend may not be proper

*Remember there is only one rule for fitting spectacle frame,  
i.e, the way that ensures wearer's delight.*

*Develop an attitude of Healer*

*That's All...*