

# Systematic Approach to Fitting

## Recommendations

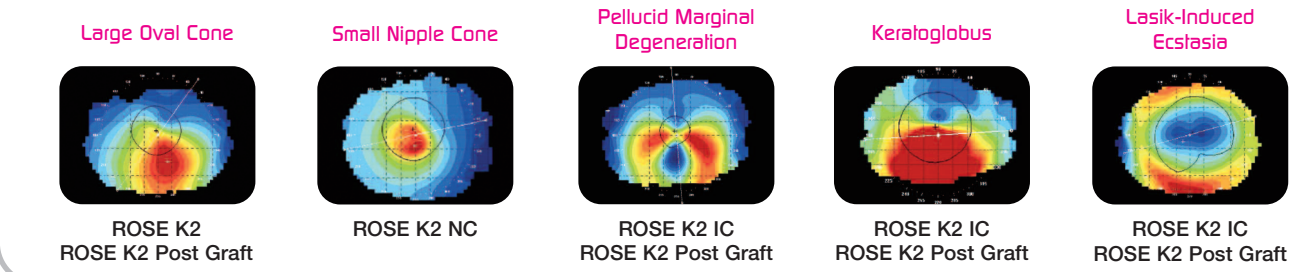
The use of diagnostic lenses is the only way to properly assess the correct fit and final lens power. Topical corneal anesthetic is recommended for new fits to reduce tearing for more accurate fitting assessment. Toric peripheral curves and Asymmetric Corneal Technology (ACT) are available on all lens designs.

	ROSE K2	ROSE K2 NC	ROSE K2 IC	ROSE K2 POST GRAFT
<b>INDICATIONS</b>	Oval Keratoconus, Nipple Keratoconus	Nipple Cone only	Pellucid Marginal Degeneration, Keratoglobus, LASIK-induced Ectasia and Post Graft	For patients who have undergone penetrating keratoplasty
<b>1 INITIAL BASE CURVE SELECTION</b>	<ul style="list-style-type: none"> <li>For K readings 7.10 mm and flatter, select first trial lens 0.20 mm steeper than the mean K reading.</li> <li>For K readings from 6.00 to 7.00 mm, select the first trial lens equal to the mean K reading.</li> <li>For K readings 5.90 mm and steeper, select the first trial lens 0.40 mm flatter than the mean K reading (less predictable).</li> </ul> <p><i>NB: This is only a guide as the keratometer only measures the central 3 mm along the line of sight.</i></p>	<ul style="list-style-type: none"> <li>For mild to moderate cases (where mean K reading is flatter than 6.00 mm), select a first trial lens 0.20 mm steeper than mean K.</li> <li>For advanced cases (where mean K measures between 5.10-6.00 mm), select a first trial lens equivalent to the mean K reading.</li> <li>For severe cases (where the mean K reading is steeper than 5.00 mm), select a first trial lens 0.30 mm flatter than the mean K reading.</li> </ul> <ul style="list-style-type: none"> <li><b>If using a corneal topographer</b>, select the first trial lens based on the 3.00 mm sim K's.</li> </ul>	<p><b>PMD AND GLOBUS.</b> Select the first trial lens 0.30 mm flatter than steepest corneal meridian.</p> <p><b>POST LASIK AND GRAFT,</b> refer to ROSE K Post Graft section.</p>	Select the first trial lens 0.30 mm steeper than average K reading.
<b>2 CENTRAL FIT</b>	<p><b>Ignore peripheral fit at this stage.</b></p> <p><b>A</b> Evaluate central fit immediately after blink when lens is centered.</p> <p><b>B</b> A light, feather touch at the apex of the cone is desired. (See fluorescein images section).</p>	<p><b>Ignore peripheral fit at this stage.</b></p> <p><b>A</b> Evaluate central fit immediately after blink when lens is centered.</p> <p><b>B</b> Look for similar or slightly greater central touch than with the conventional ROSE K2 design. (See fluorescein images section).</p>	<p><b>Ignore peripheral fit at this stage.</b></p> <p><b>A</b> Evaluate central fit immediately after blink when lens is centered.</p> <p><b>B FOR PMD AND GLOBUS,</b> a light feather touch is desired. <b>FOR POST LASIK,</b> look for central pooling of 0.20 mm to 0.30 mm. <b>FOR POST GRAFT,</b> refer to ROSE K2 Post Graft section. (See fluorescein images section).</p>	<p><b>Ignore peripheral fit at this stage.</b></p> <p><b>A</b> Evaluate central fit immediately after blink when lens is centered.</p> <p><b>B</b> Look for central pooling of 0.20 mm to 0.30 mm in early flatter grafts; alignment to 0.10 mm flatter in more mature grafts. (See fluorescein images section).</p>
<b>3 PERIPHERAL FIT</b>	Once optimum central fit is achieved, assess Edge Lift. Look for an even fluorescein band of 0.50 mm to 0.70 mm in width. Order increased (flat) or decreased (steep) Edge Lift accordingly. For asymmetric Edge Lift where the lift is excessive at 12 and 6 o'clock and insufficient at 3 and 9 o'clock, consider toric PCs (TP design). For significant edge stand off / lift off, at or around 6 o'clock, consider ACT.			
<b>4 ASSESS THE DIAMETER</b>	Smaller diameters are required for central cones and larger diameters for decentered cones. A larger diameter is often required for early cones and will also tend to make the lens ride higher. The lens should hang off the top lid and be well clear of the lower limbus.	Small, steep Nipple Cones often require a smaller diameter approximately 8.30 mm on average. As a rule flatter Nipple Cones go larger on diameter, steeper Nipple Cones go smaller on diameter. Look for movement on the blink of 1.00 to 1.50 mm.	The standard diameter is 11.20 mm. Increasing the diameter will help lens location/centration. Make sure the lens is not impinging onto the upper sclera.	The standard diameter is 10.40 mm. Increasing the diameter will help lens location/centration. Make sure the lens is not impinging onto the upper sclera.
<b>5 ASSESS POWER LAST</b>	Perform over refraction in well-lit room. Over refract using ± 1.00D steps initially and refine with 0.50D and 0.25D steps. <b>ROSE K2 NC:</b> Allow the trial lens to settle for a minimum of 10 minutes before over refracting. Ensure testing room lights are on and push the plus to blur. It is common to over minus these patients.			
<b>6 RESIDUAL ASTIGMATISM (R.A.)</b>	It is usual to leave low amounts of R.A. uncorrected, or to compensate spherically for it (see table). It is rare to see R.A. amounts over this level; when it is, toric lenses (front, back or bi-toric) are usually needed. Please consult the Web site at <a href="http://www.davidthomas.com">www.davidthomas.com</a> or call +44(0)1604 646216 for more information on toric lenses.		<b>Spherical compensation of R.A.</b> R.A. -0.25 to -0.50, add -0.25 D R.A. -0.75 to -1.00, add -0.50 D	

Care regimen: MeniCare Plus / Progent  
C 0120 - Manufactured by Menicon Europe

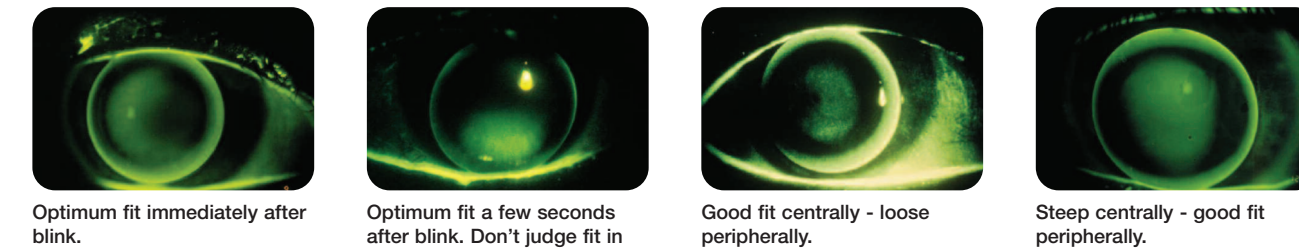
## CORNEAL TOPOGRAPHY

Corneal topography is a very useful and effective tool in determining irregular corneas and different cone shapes and sizes. The images below represent typical cones and irregular corneas encountered in a practice along with the recommended ROSE K2 lens design for optimal fit.

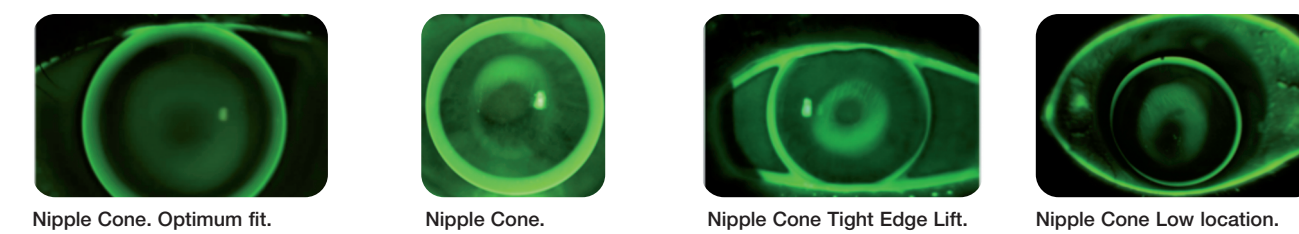


## CORNEAL TOPOGRAPHY

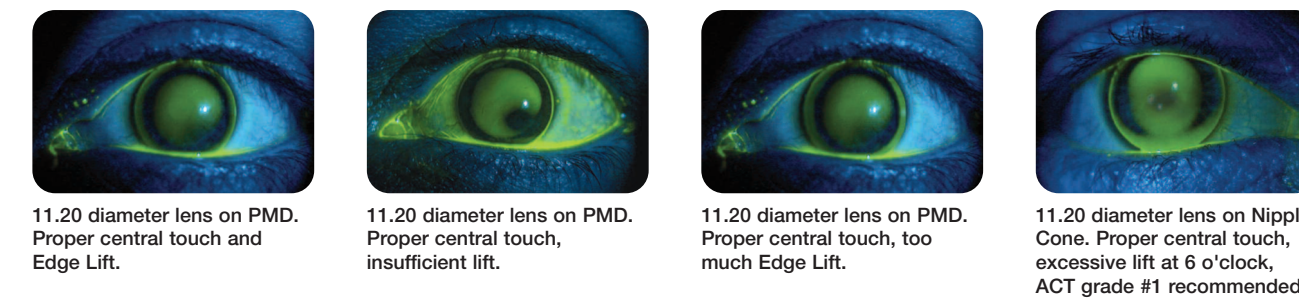
### ROSE K2



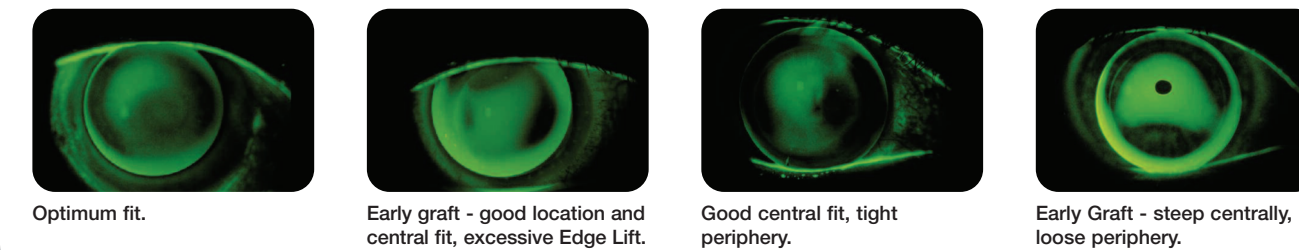
### ROSE K2 NC



### ROSE K2 IC



### ROSE K2 POST GRAFT



Keratoconus  
Irregular Cornea  
Post Graft

## PRACTITIONER'S FITTING GUIDE

ROSE K2™

ROSE K2 NC™

ROSE K2 IC™  
IRREGULAR CORNEA

ROSE K2 Post Graft™



# Four lens designs to fit all corneal shapes...

## One simple systematic approach to fitting

### Featuring

Easy-to-fit using a simple systematic approach for all designs.

Simple to use flexible Edge Lift system.

Aberration control aspheric optics providing outstanding acuity, reduced flare and glare and minimum lens mass (ROSE K2, ROSE K2 NC, ROSE K2 IC, ROSE K2 Post Graft).

Advanced fitting options\* including:

- Toric peripheral curves
- Asymmetric Corneal Technology or ACT
- Front, back and bi-toric design

Extensive diameter and base curve range.

Fits all corneal shapes, sizes and stages of keratoconus because of the unique design that changes as the base curve steepens.

	ROSE K2	ROSE K2 NC	ROSE K2 IC	ROSE K2 POST GRAFT
<b>PRIMARY APPLICATION</b>	Oval Keratoconus, Nipple Keratoconus.	Moderate and steep Nipple Cones.	Pellucid Marginal Degeneration, Keratoglobus, LASIK induced Ectasia and Post Graft.	For patients who have undergone penetrating keratoplasty.
<b>SECONDARY APPLICATION</b>	Early Pellucid Marginal Degeneration.	All Nipple Cones.	Oval Keratoconus.	Oval Keratoconus, Nipple keratoconus and Lasik.
<b>PARAMETERS AVAILABLE</b>	<b>BASE CURVE</b> 4.30 mm to 8.55 mm <b>DIAMETER</b> 7.90 mm to 10.40 mm <b>POWER</b> +25.00 to -25.00 <b>EDGE LIFT</b> Standard, standard flat, standard steep. More lifts are available - see section on Edge Lift.	<b>BASE CURVE</b> 4.30 mm to 7.70 mm <b>DIAMETER</b> 7.60 mm to 9.00 mm <b>POWER</b> +10.00 to -35.00 <b>EDGE LIFT</b> Standard, standard flat, standard steep, double flat, double steep. More lifts available - see section on Edge Lift.	<b>BASE CURVE</b> 5.70 mm to 9.30 mm <b>DIAMETER</b> 9.40 mm to 12.0 mm* <b>POWER</b> +25.00 to -25.00 <b>EDGE LIFT</b> Standard, standard flat, standard steep, double flat, double steep.	<b>BASE CURVE</b> 5.70 mm to 9.30 mm <b>DIAMETER</b> 9.40 mm to 12.00 mm <b>POWER</b> +25.00 to -25.00 <b>EDGE LIFT</b> Standard, standard flat, standard steep, double flat, double steep.
<b>ADVANCED FITTING OPTIONS</b>	1- Toric Peripheral curves (TP) 2- Asymmetric Corneal Technology 3- Toric: back, front and bi-toric surfaces *Note: Advanced fitting options not currently available on ROSE K2 NC design.			
<b>TRIAL SETS</b>	26 lenses ranging from 5.10 to 7.60 mm in a variable diameter from 8.50 to 9.20 mm, with variable power to approximate the final lens power.	25 lenses from 4.60 to 7.40 mm in variable diameter from 8.10 to 8.90 mm with variable power to approximate the final lens power.	19 lenses ranging from 6.50 to 8.60 mm in an 11.20 mm diameter, with variable power to approximate the final lens power.	22 lenses from 6.00 to 9.00 mm in an 10.40 mm diameter, with variable power to approximate the final lens power.

### FLEXIBLE EDGE LIFT SYSTEM

The peripheral fit is the single most important fitting factor for a successful, comfortable GP fit. Rather than a complicated series of radii and diameters, all ROSE K2 lenses use a simple value referred to as Edge Lift to determine the optimal peripheral configuration. From the trial lens, an Edge Lift value referred to as standard, increased lift (flat) or decreased lift (steep) can be ordered (see illustrations A, B, C). The final lens is automatically compensated (base curve and power, no calculations are required), so the change in Edge Lift (which alters the sagittal height) does not affect the central fit!

With ROSE K2 lenses, 85 % of all lenses dispensed use either the standard edge, standard flat (increased) or standard steep (decreased) Edge Lift to achieve the desired peripheral fit. However, other Edge Lift values can be specified in 0.1 increments ranging from -1.3 decreased (steep) to +3.0 increased (flat) (see illustration D1).

ROSE K2 NC presents a very rapid peripheral flattening with also a high percentage of all lenses dispensed using either the standard edge lift, standard flat (increased) or standard steep (decreased) for optimum peripheral fit. Other Edge Lift values are available in 0.1 increments ranging from -1.5 decreased to 3.0 increased (see illustration D2).

With ROSE K2 IC and ROSE K2 Post Graft lenses, the flexible Edge Lift system is available in 5 different values: standard, standard steep (decreased), standard flat (increased), double steep or double flat (see illustration D3).

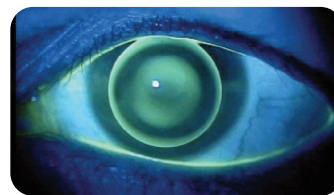


Illustration A: Optimal Edge Lift will give a fluorescein band of 0.50 mm to 0.70 mm with no excessive lift or peripheral seal at any point.

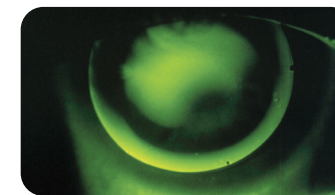


Illustration B: When the fluorescein pattern indicates Edge Lift in excess of 0.50 mm to 0.70 mm, a standard steep Edge Lift value is recommended.



Illustration C: When the fluorescein pattern indicates an Edge Lift less than 0.50 mm to 0.70 mm, a standard flat Edge Lift value is recommended.

### AVAILABILITY

**Illustration D1**  
**ROSE K2**  
85 % of all ROSE K2 lenses utilise either the standard, standard flat or standard steep Edges Lift values.

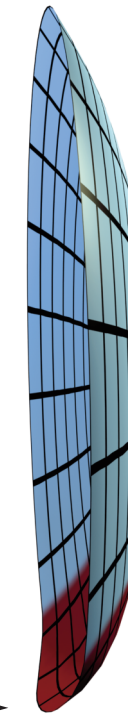
**Illustration D2**  
**ROSE K2 NC**  
85 % of all ROSE K2 NC lenses utilise either the standard, standard flat or standard steep Edges Lift values.

**Illustration D3**  
**ROSE K2 IC**  
**ROSE K2 POST GRAFT**  
5 different Edge Lift values are available to fit all of your patients.

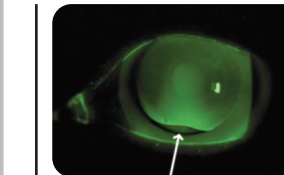
### ACT ASYMMETRIC CORNEAL TECHNOLOGY

By nature, the keratoconic cornea is asymmetric, where the inferior quadrant is frequently significantly steeper than the superior portion, causing the GP lens to lift off at 6 o'clock (see illustration E).

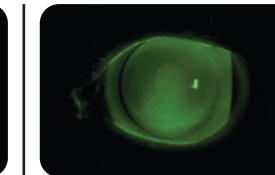
ROSE K2 lenses incorporating ACT are designed to accommodate this asymmetry (good edge fit at 3, 9 and 12 o'clock but lift at 6 o'clock). The inferior quadrant of the lens is steeper than the superior quadrants, providing a more accurate fit at 6 o'clock making the lens more comfortable and stable (see illustration F) and often providing superior vision. ACT is independent of the primary base curve and Edge Lift value and is available for ROSE K2, ROSE K2 IC, ROSE K2 Post Graft lens designs.



ACT is quadrant specific and allows the steepening of the inferior quadrant only



E: A spherical ROSE K2 lens (symmetric) fitted on this asymmetric keratoconic cornea fits well at 3, 9 and 12 o'clock but causes the lower edge to lift off at 6 o'clock.



F: Incorporating ACT into the design improves the fit at 6 o'clock, making the lens more comfortable and stable and providing superior vision.

### AVAILABILITY

**ACT GRADE #1 (0.70 mm)**  
Slight edge stand off with pooling at or around 6 o'clock (between 5 and 7 o'clock). Specify: ACT grade #1

**ACT GRADE #2 (1.00mm)**  
Moderate edge stand off with pooling and possible bubble at or around 6 o'clock (between 4 and 8 o'clock). The tear meniscus may also start to break up on blinking. Specify: ACT grade #2

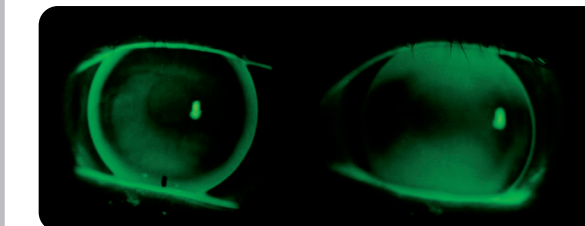
**ACT GRADE #3 (1.30 mm)**  
Significant edge stand off or lift off (tear meniscus breaks up) at around 6 o'clock. Specify: ACT grade #3

Note: other grades of ACT are available (0.40 mm to 1.50 mm), please call us 6 for further information on +44(0)1604 646216.

### TORIC PCS

A toric periphery (TP) is where the optical zone is spherical and approximately the last 1 mm of the peripheral curve is toric although this is variable dependent on the overall diameter of the lens. With Keratoconus, the tight areas, usually within 20 degrees of 180° (3 and 9 o'clock), will be eliminated with a TP design (see illustration G). In PMD there is often significant against-the-rule astigmatism making the lens tight at 12 and 6 o'clock and loose at 3 and 9 o'clock. A lens that is tight at 12 o'clock causes discomfort, so a TP design is often useful here.

The TP design is available on ROSE K2, ROSE K2 IC, ROSE K2 Post Graft lenses and will greatly enhance lens fit, stability, comfort, vision and wearing time.



G: With Rose K2 standard peripheral toric | No peripheral toric

### AVAILABILITY

The 3 and 9 o'clock meridians are flattened while the 6 and 12 o'clock meridians are steepened. A standard toric periphery will create an 0.80 mm difference in meridians. Other values are available between 0.40 mm to 1.30 mm.