

Menicon **Exact**

Fitting Guide



Menicon

Getting to know the design

Menicon Exact is a rigid gas permeable (RGP) contact lens for myopia, hyperopia, astigmatism and presbyopia correction. Its design is based on the elliptical geometry of the cornea: the **lens inner surface is sphero-elliptical**. The flattening towards the periphery has a fixed **eccentricity** that can be chosen between three values.

Design

SPHERIC DESIGN

MENICON EXACT

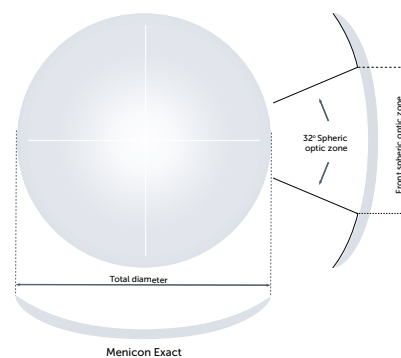
Menicon Exact spherical design has a sphero-elliptical optic zone and spherical periphery.

For all Menicon Exact designs eccentricity of the elliptical part can be chosen from three values: 0.4 / 0.6 / 0.8.

The spherical part size is base curve dependent ~ 4mm

The total back optic zone is around 1mm smaller than the total diameter.

The spheric periphery is around 0.5mm wide whatever the total diameter.

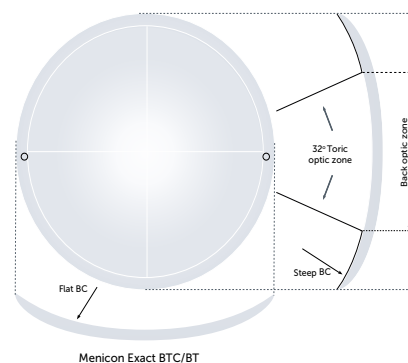


TORIC DESIGNS

MENICON EXACT BTC

Menicon Exact BTC (back toric compensated) has a back toric surface that matches the corneal shape to provide stability to the lens on eye. It also has a front toric surface to compensate the astigmatic over-refraction due to the lens and corneal refractive indices.

Two dots are engraved on the lens to identify the flat meridian.

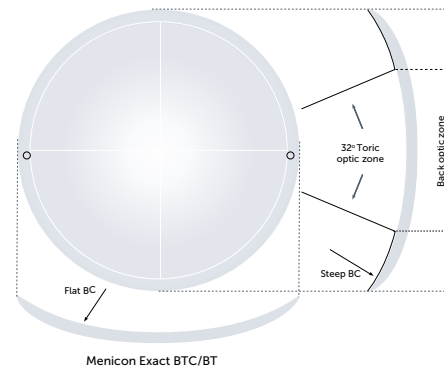


MENICON EXACT BT

Menicon Exact BT (bi-toric) has a back toric surface that matches the corneal shape and a front toric surface with the compensation of a cylindric over-refraction. The Menicon Exact BT will correct the full refraction cylinder (corneal + internal).

Two dots are engraved on the lens to identify the flat meridian.

This design should only be ordered after fitting Menicon Exact BTC design and finding a residual cylindrical over-refraction.

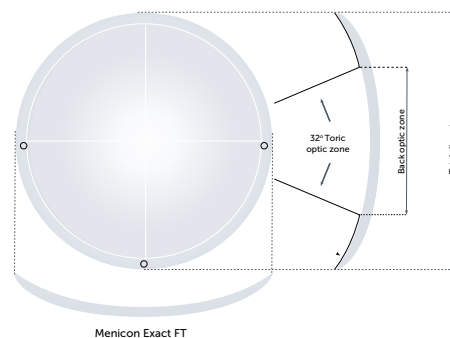


MENICON EXACT FT

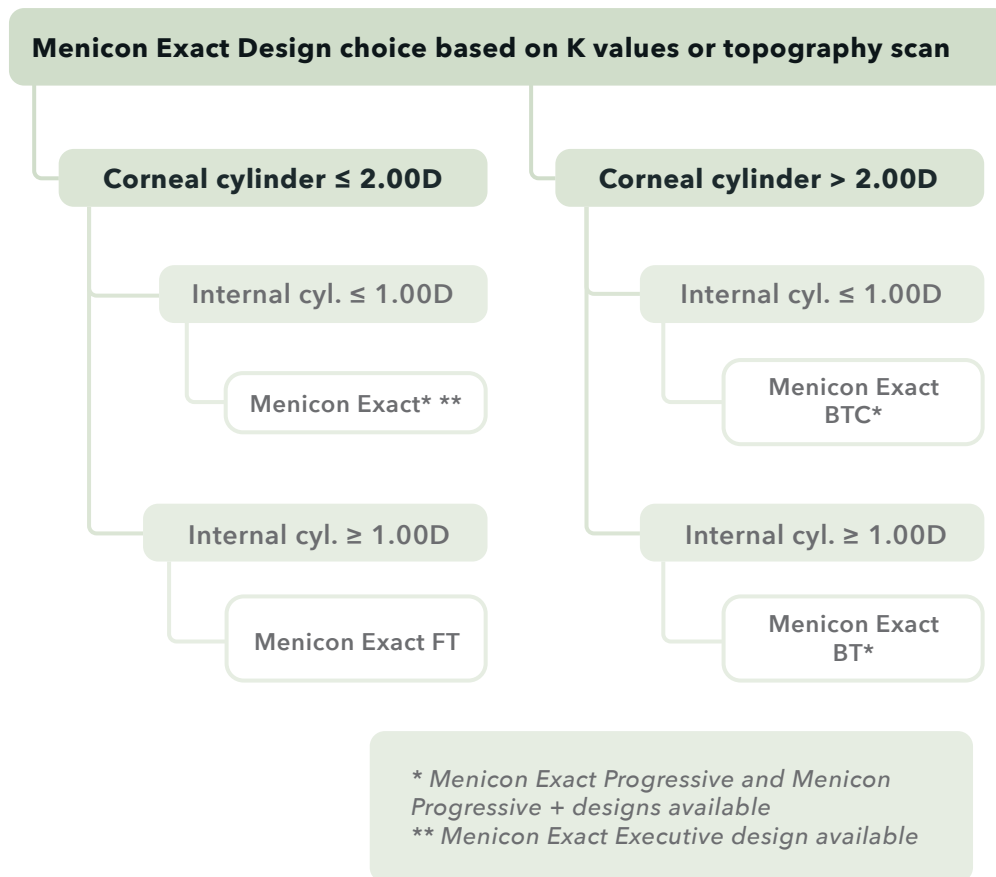
Menicon Exact FT (front toric) has the same inner geometry as the spherical design and a front toric surface.

Three engraved dots are located at the 3, 6 and 9 o'clock positions. This design includes a stabilization prism (standard prism 1.5Δ).

This design should only be ordered after fitting Menicon Exact spherical design and finding a residual cylindrical over-refraction.



How to choose between spheric or toric designs



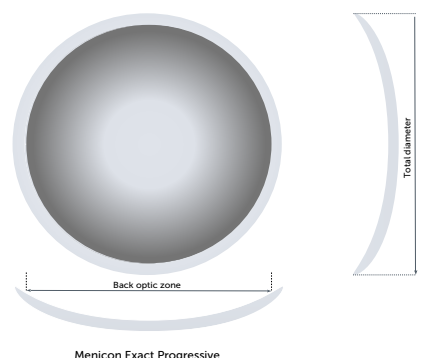
MULTIFOCAL DESIGNS

MENICON EXACT PROGRESSIVE

Menicon Exact Progressive has a multifocal front surface. The addition power increases towards the periphery. Addition range is between +1.00D and +3.00D.

Menicon Exact Progressive is available in spherical, back toric compensated (Menicon Omni Progressive BTC) and bi-toric (Menicon Exact Progressive BT) options.

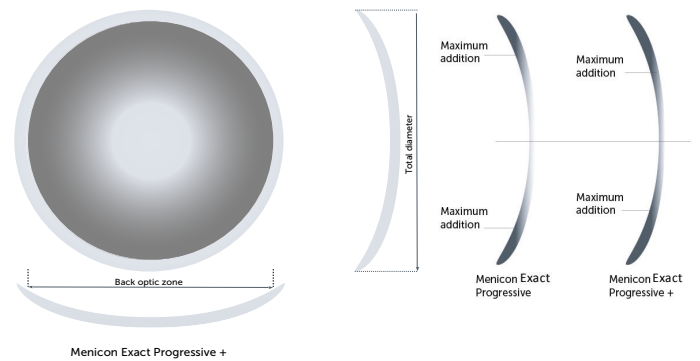
The design is suitable for the majority of presbyopes.



In addition, there is an extra variation for this design:

Menicon Exact Progressive +

Menicon Exact Progressive + has a multifocal front surface, with faster increasing addition power from the centre to the periphery. The maximum addition is reached earlier than in Menicon Exact Progressive regular design.



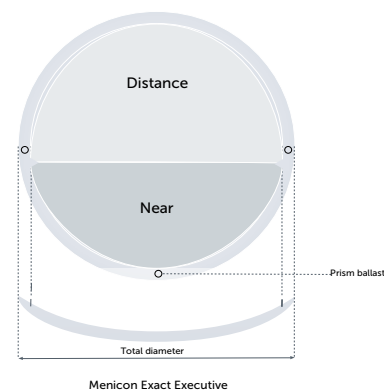
Menicon Exact Progressive + is available in spherical, back toric compensated (Menicon Exact Progressive BTC) and bi-toric (Menicon Exact Progressive BT) options.

The design is suitable for presbyopes who experience near vision difficulties with the regular Menicon Exact Progressive design.

Menicon Exact Executive

Menicon Exact Executive is a bifocal design based on the alternating vision principle. Distance power is located in the upper zone and near power is in the lower zone.

Three engraved dots are located at the 3, 6 and 9 o'clock positions.



Addition power starts 0.50mm below the lens geometric centre.

Reading zone should cover 1/3 of the pupil in primary gaze.

Prism ballast (from 1Δ to 2.5Δ) is located at 270° with 1.5Δ as standard.

Lens truncation is possible at 270° ranging from 0.1mm to 0.5mm height in 0.1 steps.

Menicon Exact Executive is available only in a spherical design.

This design is suitable for patients who are used to bifocal contact lenses and patients who do not want (or cannot get used to) progressive designs where simultaneous vision is required (large pupils, progressive lens decentration etc.).

Lens parameters & features

	Spherical	Toric	Multifocal	Multi-Toric
	Menicon Exact	Menicon Exact BTC Menicon Exact BT Menicon Exact FT	Menicon Exact Progressive Menicon Exact Progressive + Menicon Exact Executive	Menicon Exact Progressive BTC Menicon Exact Progressive BT Menicon Exact Progressive + BTC Menicon Exact Progressive + BT
Diameter	9.10mm, 9.60mm, 10.10mm			
Base Curve	6.00 to 9.95 mm (0.05 steps)	FT: 6.00 to 9.95mm (0.05mm steps) BTC, BT: 7.00 to 9.95mm (0.05mm steps)	6.00 to 9.95mm (0.05mm steps)	7.00 to 9.95mm (0.05mm steps)
Power	-25.00D to +25.00D (0.25D steps)			
Inner toricity (for BTC, BT designs)		0.20 to 1.00mm (0.05mm steps)		0.20 to 1.00mm (0.05mm steps)
Total cylinder (for BT designs)		0.00 to -10.00D (0.25D steps) 1° to 180° (1° steps)		0.00 to -10.00D (0.25D steps) 1° to 180° (1° steps)
Front cylinder (for FT designs)		-0.75D to -2.50D (0.25D steps), 1° to 180° (1° steps)		
Prism		FT: 1 to 2.5Δ (0.5Δsteps) - 1.5std	Executive: 1 to 2.5Δ (0.5Δsteps) - 1.5std	
Addition			+1.00D to +3.00D (0.50D steps)	
Eccentricity value	0.4 / 0.6 / 0.8			
Wearing type	Daily wear			
Material	Menicon Z, Menicon EX, Optimum Comfort, Futura			
Replacement	Yearly			

Fitting process

1. LENS CALCULATION

Easyfit Desktop software calculates the appropriate lens based on corneal data (keratometry or topography), the patient's refraction and corneal horizontal visible iris diameter (HVID).



Menicon strongly recommends the use of a topographer device if possible. Topography scans can be imported in Easyfit Desktop.

Easyfit Desktop is compatible with several topographers that have been extensively tested and validated within the system. For more information on topographer compatibility, please contact your Menicon local distributor.

All parameters modifications calculated on Easyfit Desktop will automatically consider any additional adjustment that the lens may need (e.g.: lens power adjustment with base curve alteration).

For most wearers, an e value of 0.60 is the right choice, because the mean corneal flattening is about 0.50. For example, only with a two or three-point fit, it is wise to adjust the e value.

Menicon Exact lenses can also be calculated manually.

Please use the following fitting rule for manual calculation:

Spherical	Flat K - Steep K < 0.20mm	0.20mm ≤ Flat K - Steep K ≤ 0.40mm
	BC = Flat K + 0.05	BC = Flat K

Toric	Menicon Exact BTC/BT	Menicon Exact FT	
	Flat K - Steep K ≥ 0.40mm	Flat K - Steep K < 0.20mm	0.20mm ≤ Flat K - Steep K ≤ 0.40mm
	Flat BC = Flat K For Steep K ≤ 7.40mm : Steep BC = Steep K + 0.10mm For Steep K > 7.40mm : Steep BC = Steep K + 0.15mm	BC = Flat K + 0.05	BC = Flat K

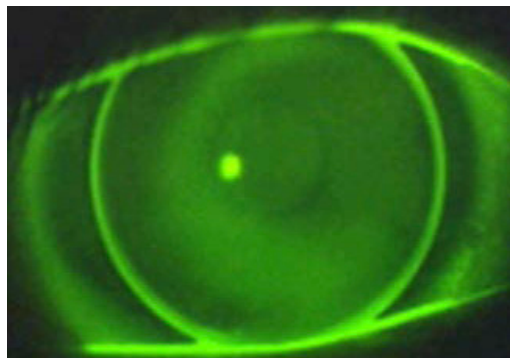
Multifocal	Menicon Exact (Spherical)/Menicon Exact BTC/Menicon Exact BT
	Follow rules above and include Rx addition value

Diameter	HVID - 2mm	Power	• Use sphere value from Rx • Apply vertex correction if needed • If BC value is steeper than K, add -0.25D for each 0.05mm • If BC value is flatter than K, add +0.25D for each 0.05mm
e value	Standard e: 0.60 If switching to reduced e: flatten 0.10mm BC If switching to increased e: steepen 0.10mm BC		

2. FLUORESCIN PATTERN

The expected fluorescein pattern and lens fitting with both a spherical and toric design look as follows.

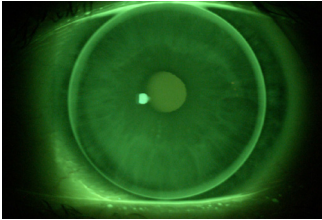
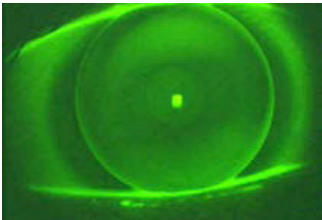
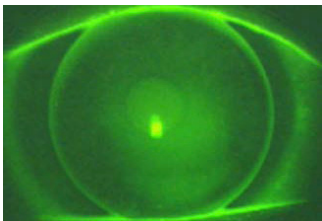
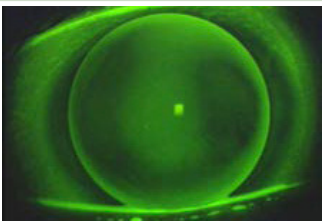
- Static evaluation: an even fluorescein distribution behind the lens with a discrete landing zone and hyperfluorescence at the edge. Central tear layer thickness should be around 20 to 30 microns.
- Dynamic evaluation: good centration inside the limbus and smooth movement (1.0-2.0mm).

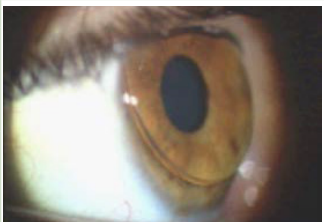
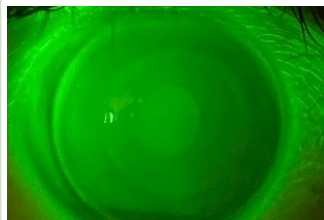
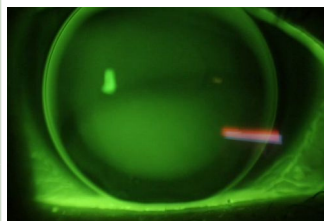


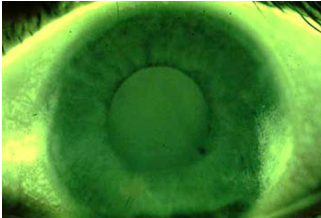
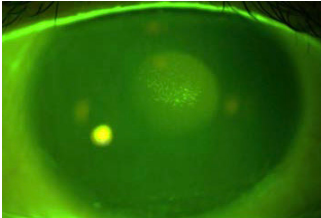
3. RECOMMENDED TESTS TO PERFORM AT DIFFERENT VISITS

	Lens calculation	Lens collection	Following visits
Patient History	☐		
Refraction & Visual Acuity	☐		
HVID measurement	☐		
Corneal topography / Keratometry	☐		
Slit lamp examination without CL	☐	☐ Before and after lens wear	☐ After exam with CL
Slit lamp examination with CL		☐	☐
VA & Over-refraction with CL		☐	☐
Instructions (handling & hygiene)		☐	☐ Habits check
Informed consent		☐	
Lens inspection		☐	☐
Lens fitting		☐	☐
Lens replacement			Yearly

Troubleshooting

OUTCOME	CAUSE	ACTION
STATIC FLUORESCEIN PATTERN ASSESSMENT		
Static fluorescein pattern: 	Flat fitting	Steepen BC (minimum 0.10mm)
Three-point fit: 	The corneal shape is too flat for that lens eccentricity	Increase eccentricity value and steepen BC 0.10mm
Static fluorescein pattern: 	Steep fitting	Flatten BC (minimum 0.10mm)
Two-point fit: 	The corneal shape is too steep for that lens eccentricity	Decrease eccentricity value and flatten BC 0.10mm

DYNAMIC LENS ASSESSMENT		
Lens held by eyelid	Flat lens	Steepen BC (if fluopattern allows)
	(Peripheral) corneal astigmatism (with the rule/oblique)	BTC lens design
	Large lens	• Reduce diameter • Increase diameter if reducing does not work • Steepen BC if possible • Switch to Menicon Comfort design • Add prism
	Excessive eyelid force	
Excessive movement beyond limbus	Flat lens in periphery (in horizontal meridian in particular)	• Change BC • Change lens toricity if possible
	Spheric lens on a toric cornea	Switch to a toric design
	Small lens	Increase diameter
	Heavy (plus) lens	• Increase diameter • Reduce diameter if increasing does not work • Switch to Menicon Comfort design
	Lax eyelid	Increase diameter
Lens not moving with blinking / lens binding	Nice fit (fluo, centration) but the philosophy of the Exact fitting by being close to the cornea may reduce the mobility	Switch to Menicon Omni
	Steep lens	Flatten BC (if fluopattern allows)
	Significant (peripheral) corneal astigmatism	BTC lens design
	Large lens	Decrease diameter
	Dryness	• Assess tear film/lens material • Envision artificial tears
	Heavy (plus) lens	Reduce lens diameter
	Lax eyelid	• Increase diameter • Flatten BC • Decrease diameter may work to encourage the lens to be pushed at the edge by the lid
	High corneal eccentricity	• Decrease diameter may help by reducing the lens settlement • Increase the eccentricity • Switch to Menicon Omni

	Corneal warpage (upward decentration)	• Can be acceptable. If not, increase the diameter • Switch to Menicon Comfort design
Lens rides to side 	Flat lens (in horizontal meridian in particular)	• Change BC • Change lens toricity
	Significant (peripheral) corneal astigmatism (against the rule)	BTC lens design
	Small lens	Increase diameter
	Decentred apex/warpage	Refit or change diameter/BC
3&9 staining 	Flat lens in periphery (in horizontal meridian in particular)	• Change BC • Change lens toricity
	Lens decentering	Increase diameter
	Dryness	Assess tear film Envision artificial tears
	Steep lens (no tear film exchange)	• Flatten BC (if fluopattern allows) • Switch to Menicon Omni
	Small diameter (corneal stainings)	Increase diameter
	Large diameter (conjunctival staining)	Decrease diameter
	Incomplete blinking	Increase diameter
Central staining 	Flat lens	Steepen BC (if fluopattern allows)
	Lens decentering	Increase diameter
	Dryness	Assess tear film
	Deposits under lens	• Steepen the lens • Reducing the diameter • Clean with lens care solution • Give handling advice
	Steep lens (no tear exchange)	Flatten BC (if fluopattern allows)
	Excessive movement	Change diameter/toricity

Halos / glare at night	Excessive pupil size with low light conditions	Switch to Menicon Omni
	Significant lens movement	Increase lens diameter to reduce lens movement
	Lens decentering	Switch parameters/design/lens toricity
Insufficient VA - since beginning of wear	Residual refraction • Sphere • Cylinder	Perform over-refraction and correct residual Rx
	Rotation Stable or Unstable FT, BT	• Stable Rotation: Use the over-rx feature of desktop easyfit • Unstable Rotation: make the lens stable (increase diameter, change toricity, increase prism, Comfort design)
Insufficient VA - after hours of lens wear	Steep Lens	Flatten BC
	Lens fogging	Assess fitting
	Lens hygiene: deposits	Hygiene habits review and improvement

Lens Care

To keep Menicon Exact lenses in optimal condition it is important to clean the lenses thoroughly every day.

We recommend cleaning with a multipurpose solution like MeniCare Pure (or MeniCare Plus) in the morning after removing them and storing them in a clean lens case with a fresh dose of MeniCare Pure (or MeniCare Plus).

If needed, we also recommend the use of SPRAY & CLEAN as an extra cleaner against oily (lipid) deposits.

Regardless of the daily cleaning solution used, we always recommend a deep cleaning with Menicon Progent regularly. Menicon Progent is an intensive cleaner and very effective in removing any invisible residual deposits that may remain on Menicon Exact lenses.

For patients who have problems with multipurpose solutions (accessibility, allergies), certain hydrogen peroxide solutions such as PlatinCare may be substituted.

Proper lens maintenance is essential for optimal lens performance and comfortable, safe lens wear.

For trial lens management, please visit the Menicon website for additional guidance about caring for your trial sets in the Hygienic Management of Multipatient Use of Rigid Gas Permeable Trial Lenses guide.





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