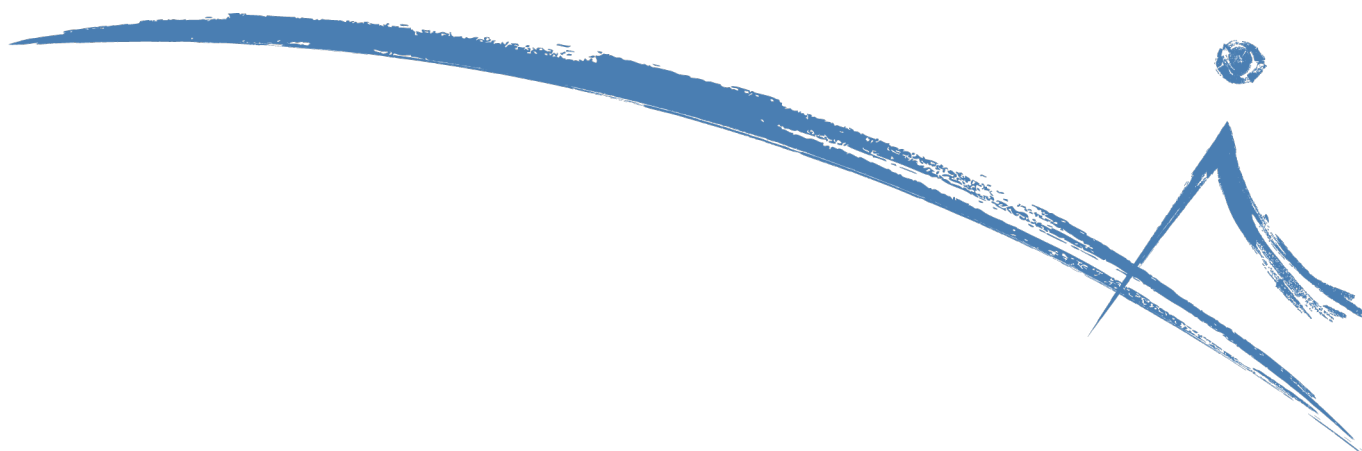


Menicon
Individual

Menicon Individual
Fitting Guide



Getting to know the design

Menicon Individual are custom made, individually crafted silicone hydrogel lenses. They are an ideal choice for patients who prefer a detailed fit and the high level of comfort that a soft custom contact lens can give. They are also great for patients with extreme parameters, previous hydrogel lens wearers and patients who experience conventional soft lens discomfort.

Lens parameters

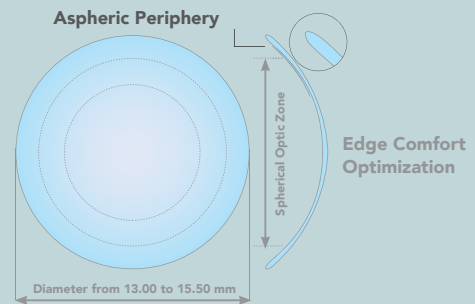
	Menicon Individual	Menicon Individual Toric	Menicon Individual Multifocal CD Menicon Individual Multifocal CN	Menicon Individual Multifocal CD Toric Menicon Individual Multifocal CN Toric
Power	-25.00D to + 25.00D (0.25D steps)			
Radius	7.40 mm to 9.50 mm (0.10 mm steps)			
Diameter	13.00 mm to 15.50 mm (0.10 mm steps)			
Cylinder		C -0.75D to -5.00D (0.25D steps)		C -0.75D to -3.00D (0.25D steps)
Axis		1° to 180° (1° steps)		1° to 180° (1° steps)
Addition			+1.00D to +3.00D (0.50D steps)	
Wearing Type	Daily wear			
Recommended Replacement	3 month replacement			
Material	Efofilcon A (Definitive 74)			
Dk (ISO)	$>58 \times 10^{-11}(\text{cm}^2/\text{sec}) [\text{mLO}_2/(\text{mL} \times \text{mmHg})]$			
Water Content	74% non-ionic			
Handling Tint	Blue			
UV Filter	Yes			

Design

Menicon Individual is available in a spherical, toric, multifocal and multifocal toric design. With an extensive range of parameters, Menicon Individual is a wonderful option for a wide range of patients.

Spherical

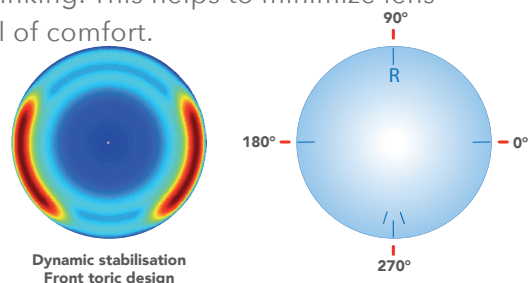
The spherical optic zone and aspherical periphery provide an ideal fit on the corneal and limbal areas. The thin spherical edge is the same for all lens powers and is specially designed for comfort optimization. With a diameter range of 13.00 mm to 15.50 mm it is possible to fit this design on almost any eye.



Toric

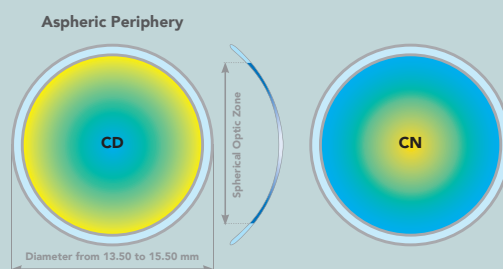
The Menicon Individual Toric is a unique toric design that you can order as a custom lens. The design incorporates dynamic stabilisation whereby two stabilisation zones and a double vertical asymmetric slab off on the front of the lens ensure stability between and while blinking. This helps to minimize lens rotation and helps to provide a high level of comfort.

This toric design is suitable for all soft lens wearers with residual astigmatism. This lens is also ideal for existing toric contact lens wearers with vision problems due to non-optimal or unstable lenses.



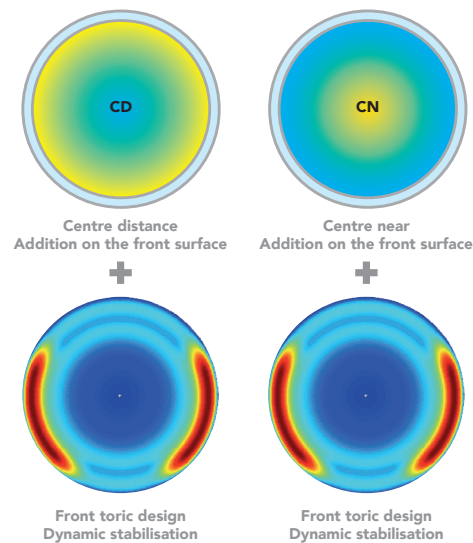
Multifocal

The multifocal design has the same inner geometry as the spherical design. Menicon Individual Multifocal CD applies the centre-distance principle with the addition slowly increasing towards the periphery. Conversely, Menicon Individual Multifocal CN applies the centre-near principle with the addition slowly decreasing from the centre towards the periphery. The progressive addition zone is located within the lens front geometry and works according to a simultaneous vision system.



Multifocal Toric (Multi-Toric)

The Menicon Individual Multi-Toric is a custom toric soft silicone hydrogel lens for your astigmatic presbyopic patients. With this design, astigmatic patients have a tailor-made multifocal solution. The dynamic stabilisation on the front ensures that the lens stabilises well and provides a high level of comfort. The progressive zone designs provide optimal vision at distance and near.



Topographer compatibility

Menicon Individual is fitted using Menicon's Easyfit Desktop contact lens fitting software. Easyfit Desktop is compatible with the following topographers which have been extensively tested and validated within the system.

- BON Eyetop
- Cassini
- CSO Sirius
- Essilor AnaEyes
- Essilor WAM 700(+) / 800
- EyeTop 2005
- Haag-Streit
- Keratron
- Medmont Meridia v3 t/m v7
- Myopia Expert 700
- Nidek OPD-Scan III
- Oculus Easygraph
- Oculus Keratograph
- Oculus Pentacam
- Phoenix
- Rexam RET-700
- Rodenstock DNEye Scanner
- Shin-Nippon CT-1000
- Tomey RT-7000
- Tomey TMS-2 t/m TMS-5
- Topcon 7000
- Topcon 8100
- Topcon Aladdin
- Topcon CA-100
- Topcon CA-200
- Topcon CA-800
- Topcon MYAH
- Visionix VX-120 / VX-205
- Zeiss i.Profiler (plus)

Fitting Protocols

You can choose to fit the lens in one of two ways:

Method 1: Easyfit Desktop Method

Use Easyfit Desktop to determine the lens

Fitting Menicon Individual is easiest and fastest using Easyfit Desktop. The fitting software ensures that you enter the correct parameters step by step and makes sure you get the correct lens power in all meridians. This will give you an optimal result. When you use a corneal topographer, the software also takes the measured corneal profile into account.

Method 2: Manual fitting

Use manual fitting rules to choose a lens based on a formula

1. Determine Base Curve (BC) based on average K:

$$\text{Average K} = \frac{\text{Flat K} + \text{Steep K}}{2}$$

K flat = flattest corneal radius

K steep = steepest corneal radius

K value in each meridian must be measured with Keratometry or Corneal Topography

2. Determine total diameter (TD) based on HVID

Menicon Individual lenses are available with a diameter range from 13.00 mm to 15.50 mm (in 0.10 mm steps). It is very important to order the correct lens diameter which is based on the HVID. For more information on accurately measuring the HVID, please review our HVID measurement instructions on the Menicon Academy website.



Lens diameter too small

- Less comfortable
- More movement
- Possible decentration and shifting with fast eye movement



Correct lens diameter

- 2 to 2.5 mm larger than HVID
- Normal movement
- Well centered
- Comfortable



Lens diameter too large

- Lens covers too much of the conjunctiva
- Chance of less movement
- Possibly too much pressure on the conjunctiva and disrupted corneal physiology

Spherical fitting rule:

BC = Average K + 0.30mm

Total Diameter = HVID + 2.20mm

Toric fitting rule:

Cyl \leq -3.00D

BC = Flat K + 0.20mm

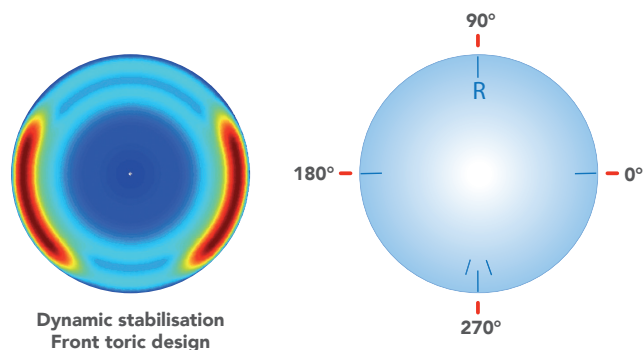
TD = HVID + 2.50mm

-3.00D \leq Cyl \leq -5.00D

BC = Flat K

TD = HVID + 2.50mm

The Menicon Individual Toric has hashmarks at 0°, 180° and 270° for checking the fit. To better assess possible rotation, the lens also has two small markings at 255° and 285°. The lens has a highly visible R or L marking to identify which eye it is for. When inserting the lens it is important to place the lens on the eye with the triple marking in the downward position or the R/L at the upper position.



After blinking in extreme viewing directions, it is expected that the lens, like other toric lenses, will rotate a few degrees. When the lens returns to the correct position the lens is stable. If the lens moves too much, we recommend increasing the diameter by 0.5 mm.

Multifocal spherical fitting rules:

BC = Average K + 0.30mm

TD = HVID + 2.20mm

Due to the optimal centering and the centre-distance design, the distance vision will generally be of similar quality to the spherical Menicon Individual design. We recommend to:

1. Switch to a multifocal design early so your patients can get used to the multifocal design as quickly and easily as possible.
2. For existing or new wearers, add the minimum addition that gives good vision at near.

For new wearers:

Option 1: Use Menicon Individual Multifocal CD both eyes (centre-distance). If reading problems use Menicon Individual Multifocal CD (centre-distance) for the dominant eye and Menicon Individual Multifocal CN (centre-near) for the non-dominant eye.

Option 2: Use Menicon Individual Multifocal CD (centre-distance) for the dominant eye and Menicon Individual Multifocal CN (centre-near) for the non-dominant eye. If the patient experiences too much binocular discomfort or disturbance, use the Individual Multifocal CD design on both eyes.

Multi-Toric fitting rules:

BC = Flat K + 0.20mm

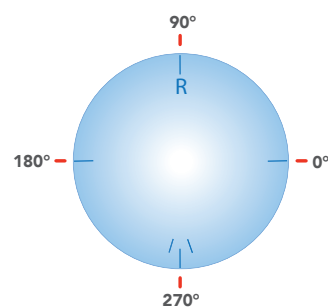
TD = HVID + 2.50mm

For new wearers:

Option 1: Use Menicon Individual Multi Toric CD both eyes (centre-distance). If reading problems use Menicon Individual Multifocal CD (centre-distance) for the dominant eye and Menicon Individual Multi Toric CN (centre-near) for the non-dominant eye.

Option 2: Use Menicon Individual Multi-Toric CD for the dominant eye and Menicon Individual Multi-Toric CN for the non-dominant eye. If too much binocular discomfort or disturbance is experienced, use the Menicon Individual Multi-Toric CD design on both eyes.

The Menicon Individual Multi-Toric has hashmarks at 0°, 180° and 270°. To better assess possible rotation, the lens also has two small markings at 255° and 285°. The lens has a highly visible R or L marking to identify which eye it is for. Advise patients to position the lens on their finger so the R or L is clearly visible to them. This ensures that the lens is placed on the eye correctly.



When inserting the lens it is important to place the lens on the eye with the triple marking in the downward position or the R/L in the upper position. In most cases, the Menicon Individual Multi-Toric stabilises immediately. If the lens moves too much, we recommend increasing the diameter by 0.5 mm.

Important considerations

Tip 1

Measure the HVID

Remember to measure HVID manually in the topography scan. Some topography devices will overestimate or underestimate this measurement with their HVID automatic measurement feature. For more information on accurately measuring the diameter, please review our HVID measurement instructions on the Menicon Academy website.

Tip 2

Topography quality

Corneal topographies are used by Easyfit Desktop to calculate the lenses. Please ensure the scans are of high quality before calculating the lenses. If you would like to learn more about how to optimize topography scans, please review our Corneal Topography course on the Menicon Academy website.

Tip 3

Determining the dominant eye

The dominant eye is the eye where +0.75D will be the most disturbing for distance vision. Place +0.75D in front of each eye alternatively to check the impact on distance vision.

Tip 4

Determining precise refraction in presbyopic patients

- Maximum plus power in distance refraction
- Do not over-correct the addition: minimum addition +0.75D

Tip 5

Slit lamp without lenses

As with any contact lens fitting visit, it is important to ensure the cornea is healthy and suitable for lens wear. A simple slit lamp exam utilizing sodium fluorescein will help evaluate corneal health including any corneal staining.

Tip 6

Slit lamp with lenses

It is also important to check the lenses on eye to ensure good movement and proper centration.



Lens Care

Soft specialty lenses like Menicon Individual need to be cleaned on a daily basis. We strongly recommend multipurpose solutions (MeniCare Soft or SOLOCARE AQUA®) for cleaning, disinfection, storage and rinsing. A rubbing step with multipurpose solution is highly recommended.

Caution: do not use peroxide- or alcohol-based disinfecting and cleaning solution (risk of deterioration of the material).





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