



# BE FREE™

AN ADVANCED ORTHO K LENS SYSTEM

## Fitting Guide



**PRECISION**  
TECHNOLOGY SERVICES



**CARDINAL**  
CONTACT LENS

🇨🇦 Proudly Canadian, Owned and Operated.

Western Canada

**1 800 663 4248** | [info@ptsoptics.com](mailto:info@ptsoptics.com)

Eastern Canada

**1 800 263 3973** | [info@cardinalcontactlens.com](mailto:info@cardinalcontactlens.com)

## Fitting Guide

### Step 1

Patient Candidacy

- Myopia -5.00 D or less
- Refractive Astigmatism -1.50 D or less
- Ocular surface free of inflammation, infection or ectasia



### Step 2

Pre-Orthokeratology  
Exam

- Refraction
- Central keratometry readings
- Corneal diameter (Visible Iris Diameter)
- Slit lamp examination
- Corneal topography

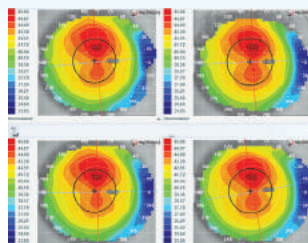


### Topography Capture Considerations

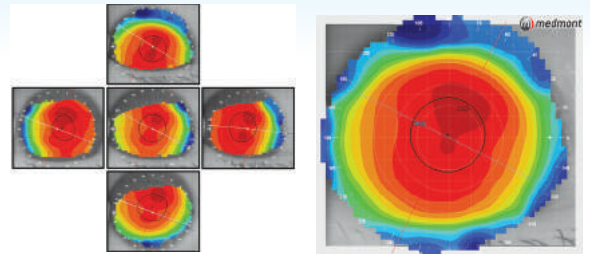
4 reproducible captures  
on each eye\*

Medmont users should  
acquire composite maps\*

\* Ensure smooth and  
even tear film reflection,  
maximize fissure size  
to maximize placido  
ring coverage



Conventional topography  
users take 4 reproducible  
maps in both eyes



Medmont users capture images in the  
various fixations which allows for analysis  
of the entire cornea

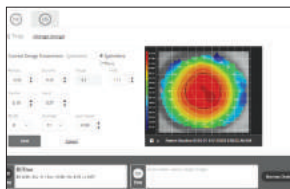
## Step 3

Determine the  
Parameters of the Initial  
BE FREE Lenses

Your choice of preferred method of fitting

**Empirical:** Email the patient data and topographies to your  
BE FREE consultant and the initial custom lenses will be generated  
or

**Cloud-based Software:** Login to the software and follow the  
fitting wizard to generate the initial BE FREE custom lenses.

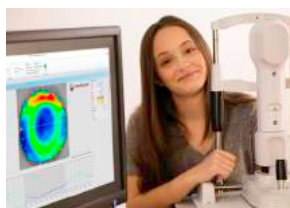


## Step 4

Enter Patient  
Information

**Required Information**

- Patient name (first and last)
- Date of birth
- Spectacle Rx
- K-Readings
- Corneal diameter (Visible Iris Diameter)



## Step 5

Place Your Order

- Order **online** through: **[www.specialtylensdesign.com](http://www.specialtylensdesign.com)**
- Or call or **email** your **BE FREE distributor**



## Step 6

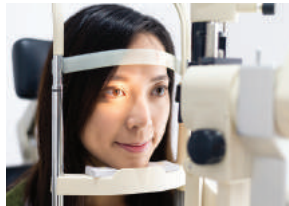
Prepare for Dispensing

- Clean with an approved GP lens cleaning solution
- Rinse with an approved contact lens solution (no tap water)
- Soak in an approved GP lens conditioning/disinfecting solution
- \* It is recommended that this procedure be performed prior to the lens dispensing visit to ensure that the lenses have been disinfected and soaked prior to dispensing.

## Step 7

### Initial Evaluation – Dispensing visit

- Apply the lenses and perform a slit lamp exam
- Instill fluorescein and evaluate the pattern for:
  - ▶ Absence of central fluorescein
  - ▶ Reservoir of fluorescein surrounding the central optical zone
  - ▶ Landing of the lens 360 degrees throughout the alignment zone
  - ▶ Healthy edge lift around the circumference of the edge
  - ▶ The lens should center relatively well between blinks
- Check visual acuity
- Gauge the patient comfort level
- If the evaluation meets the above criteria, instruct the patient on lens application and removal techniques. Dispense the lenses to the patient to wear overnight. Schedule the patient for a follow-up visit the next morning.



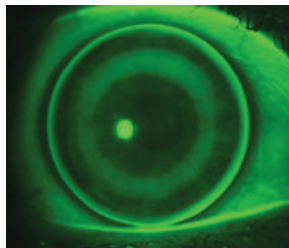
## Step 8

### Evaluation Following Overnight Wear

- Evaluate in the AM after 1 night of wear
- Lenses may or may not be worn in
- If worn in, check for movement prior to removal
- Check for corneal or conjunctival staining
- Check the visual acuity without the lenses
- Perform topography (See Page 4)
- Determine outcome and next step (continue or modify fit)

If the evaluation suggests an improvement in the uncorrected visual acuity, centered topographical effect and no worse than Grade 1 staining, continue wear for one week and re-evaluate.

If the patient has worse visual acuity than baseline, poor topographic response and/or significant corneal staining, discontinue and modify the response with your BE FREE consultant.





# Recommended Follow-up Schedule

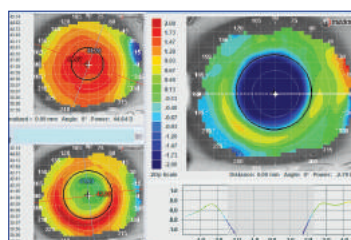
➊ AFTER 1 NIGHT OF WEAR

➋ WEEK

➌ MONTH

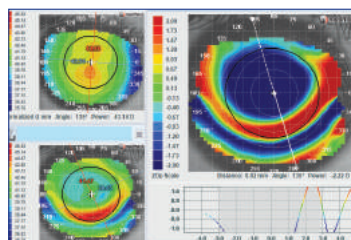
Then every ➍ MONTHS follow-up

## Post Wear Topographical Outcomes and Lens Optimization



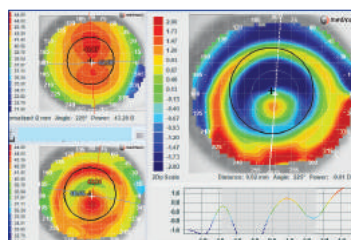
### Bullseye Topographical Response

- Continue wear until full effect is achieved (7-10 days)
- Provide SCLs for any short term under-correction
- After full effect, determine if any lens modifications are required



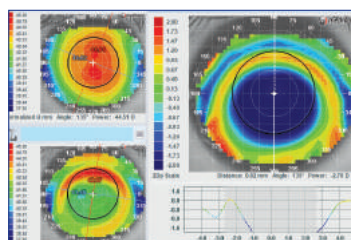
### Smiley Face Topographical Response

- **Mild:** continue wear and evaluate after full effect
- **Moderate or Severe:** discontinue wear and re-construct new lenses



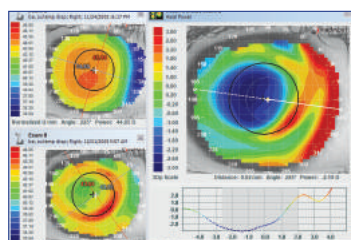
### Central Island Topographical Response

- **Improved visual acuity:** Continue wear and evaluate after full effect
- **Visual acuity worse than baseline:**  
Discontinue wear and adjust with a mild, moderate or severe response
- **Lens diameter too large:** Reduce diameter 0.4mm



### Frowny Face Topographical Response

- **Mild:** continue wear and evaluate after full effect
- **Moderate or Severe:** discontinue wear and re-construct new lenses
- Check the baseline corneal shape for displacement
- Determine if the lens is too small or too large



### Lateral Displacement

- Check baseline map for eye displacement
- Alignment zone too loose or diameter too small
- Against the rule pre-fit corneal shape

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