



Dr. Woo's Tips for **AMPLEYE** Success

Learning how to fit scleral lenses can sometimes be intimidating. During my residency, I remember opening up a fitting set and thinking to myself, "I have no idea where to start! What do all these numbers mean? Help!" Even though fitting guides from the laboratories are very helpful, they can sometimes be overwhelming and filled with information you do not understand. As a practitioner with thousands of scleral lens fits, I hope you find this guide useful as you are navigating the Ampleye diagnostic set.

Q: What do all of these numbers on the trial lenses mean?

A: Don't worry, I had the exact same question when I first saw a fitting set. All of the experience from third year contact lens clinic went straight out the window and a slight panic set in when I opened up a fresh diagnostic set during my residency. What does BC mean? Body Count? I had somehow forgotten all of the terminology and acronyms that we learned during optometry school and suddenly it all seemed like a foreign language to me! Fear not, I am here to help you understand what each abbreviation means, and what role they play.

Sag: Sagittal depth. That is how deep the bowl of the scleral lens is. If you have a cornea or an ocular surface that needs a major amount of vaulting, select a higher sagittal depth to start.

BC: Base Curve. This is the curvature of the lens. The reason this is important is because it will affect the overall power. If you change it, the power will need to be compensated. I usually keep the BC the same as the diagnostic lens, unless there is some sort of issue that only changing the BC will resolve.

Dia: Diameter. This is how large the lens is all around. The larger the diameter, the more surface area you will cover with the lens. Patients with highly irregular corneas and severe ocular surface disease usually need larger diameters to cover more of their eye.

Pwr: Power. This is important because you will need to add this power into your over-refraction to get to the end result for power. Example: power of the lens is -2.00 and the over-refraction is -3.00. Simply add them together to get the final power (key tip – make sure to vertex any over-refraction that is over + or – 4.00 and THEN add that to the power of the lens to yield the final power.)

150um toric haptic (exclusive to the Ampleye set) This is the amount of toricity that is on the most outer zone of the lens (scleral landing). Current research shows that most scleral shapes have about 150um of toricity, so this should fit a lot of your patients. This can be adjusted (you can ask for more or less).

Roflufocon-D: This is the fancy (USAN) name for my go-to scleral lens material, Optimum Extra.

Q: What lens do I start with?

A: Ok, now you feel great since you got a crash course on the fitting set and you know what all of the abbreviations mean. Now, you have a patient in your chair and you don't know which lens to start with. I will tell you right now that I spent way too much time during my residency worrying about what lens to start with. What I really should have been doing was taking advice from one of my professors in school, Dr. Edrington and "just put a lens on!" Best advice ever. If you put a lens on and it doesn't fit, great! At least you know that one doesn't work and you can move on. With Ampleye, the "Initial Diagnostic Lens Selection" chart inside the set is a huge help - use it!



Put the lens on and there is a MASSIVE amount of central touch? No problem. Get the lens off right away and then put on one with a much larger sagittal depth. I am not talking about a 200um jump, go 600-800um and see what happens. Whoa! Now there is way too much clearance? That's okay! With Ampleye's intelligently designed periphery, as long as you've cleared the cornea, even if it is just a little (75um) or way too much (600, 700, 800 or more) there is no need to put more lenses on. Continue the evaluation process and the final clearance will be adjusted when you place the patient's lens order.



If all else fails, 90% of my fits are in the 4200, 4400, or 4600 sag. If you are still super scared and don't know where to start (even after reading the fitting guide), just reach for one of those 3 and you'll probably be pretty close.

Q: Do I need an OCT to fit the Ampleye?

A: No! I fit scleral lenses for years without an OCT. I didn't have the funding when I first started

so I had to fit scleral lenses with just my slit lamp and fluorescein. It does help tremendously when you are able to get an OCT, but it is not an absolute must.

Q: What happens if the Ampleye is compressing a pinguecula?

A: This happens all the time with patients in my geographic area, because I live in the southwest and near everyone has pingueculae! If you are finding compression during the fitting, then make sure you note the location of the sag identifier. The sag identifier is something like 4600 and it is laser etched on the lens. You will need to tell the lab where that marking is so that they can adjust the scleral toricity accordingly.

Q: What if I am having a hard time figuring out what lens to order?

A: This is an excellent question! Too many eye care practitioners try to figure out everything on their own and feel like they need to know everything to place an order. My advice? Call the lab and ask for consultation. Then tell them that you've just performed a fitting and you need help ordering the lens. That is it! They will guide you through every single step. If you have photos that you took or OCT images, even better. You can send those to the consulting team and that way when you're on the phone with them, they are looking at exactly what you are looking at and you can explain what you are seeing. Remember, consultants are EXPERTS in their lenses! Even though I have fit thousands of patients, I still ask for their advice every single day! There is no shame in asking for help, and I personally recommend it. Why try to figure everything out on your own when you have experts at your fingertips to help you FOR FREE?

I don't have time to talk to consultation, I have patients to see!

I am with you! When I was a resident, we used to call the laboratory to place every single lens order and we also called them with any questions or fit issues, troubleshooting, you name it. So I got used to calling the lab for everything. Well, then I got into real practice where I didn't have 2 hours to spend with the patient, I had 15 minutes, so I had to figure out a way to become more efficient. I started using their online portal to send the information from the lens fitting along with any relevant photos and then let them help me place the order. Here is what a typical email looks like:

Hello Art Optical Consulting Team,

I saw a nice patient today for a scleral lens fitting. Name is ___ and DOB is ___.

I fit her with the Ampleye 4200 sag but there was a massive amount of touch, so I changed to the 5000 sag and there was about 600um of clearance. So the diagnostic lens was: Ampleye/5000 sag/8.04 BC/-5.00 power/16.5 OAD/150 um toric PC

The edges of the lens looked fine, I didn't see any compression. Limbal clearance also looked ok.

The SCOR was -7.00. Can you help me design a lens?

-Dr. Woo

Response from Art Optical:

Hello Dr. Woo!

We would be happy to design a lens for your patient based on the information you provided.

Since there was 600um of clearance with the 5000 sag, we decided to go to a 4600 sag, which should give you about 200 um of clearance. We kept the base curve, overall diameter, and toric PC the same as the diagnostic lens. We vertexed the -7.00 over-refraction, which gave us -6.50 and added that to the power of the diagnostic lens (which was -5.00), which gave us a total power of -11.50. You didn't specify a material, so I will order as our standard Optimum Extra, unless I hear back from you. The reference for your order is 1234567 and it will get fabricated tomorrow in the lab. Thank you!

Conclusion: I hope that you took away some helpful, real life tips from this handout! You are in very good hands with the Ampleye team, they truly WANT you to succeed. I can tell you first hand that their customer service is 5 star, along with their products and reproducibility. It is an honor to work with such a reputable company, and I am positive you will feel the same way. Please reach out to me anytime with any other questions! Good luck with your scleral lens fitting journey – it is a very fun process!

Happy fitting!



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