Frame Adjusting

The Devil Is In The Details
Why Adjust Frames Well?

• Patient comfort and health.

• Ensures maximum optical correction of the lenses.
Why Adjust Frames Well?

• Patient loyalty.

• Patient recommendations.
The First Step

• Your attitude

• The art and science.
Basic Frame Components
Nose Pads

- American Pad

- Looped Pad Arms

- Straight Pad Arms
Preliminary Observations & Adjustments

- Bridge – alignment
Preliminary Observations & Adjustments

- Eyewire and wrap
Preliminary Observations & Adjustments

- Temples –
  - Straight – avoid too narrow or too wide
Preliminary Observations & Adjustments

Nose Pads – Ball-parked
Placement of the Patient

• Establish control.
  – Patient sits, you stand. Why?

• Maintain control
  – Request head movement to verify other fitting characteristics.

• Dispensing tables and chairs.
Putting the Frame On the Patient

• Control.
  – You do it, act like the expert.

• Holding the frame.
  – Fingers above or below the temples?

• Putting the frame on.
  – Placement of the temples.
Eyewear Adjusting Goals

Maximize the Optical Correction

• Achieve the intended \text{OC} placement.
• Achieve the intended \text{segment} placement.
• Achieve optimum \text{pantoscopic angle} (SV vs. multifocal).
• Achieve optimum \text{vertex distance} between eye and face.
Eyewear Adjusting Goals

Achieve Patient Comfort + Perfect Balance

- Eyewear are in exact same position each time and they stay there.
- Eyewear is comfortable for long periods of time.
- The patient does not return frequently to have the eyewear re-adjusted.
Basic Adjusting Techniques

• Step 1
  Widen or narrow the temples.
Basic Adjusting Techniques

• **Step 1**
  
  If the right lens is farther away from the eye than the left.
Basic Adjusting Techniques

• Step 2
  Raise or lower the temples to **adjust pantoscopic angle**.
Basic Adjusting Techniques

• Step 2
  Make sure the lenses are level.
How To Raise or Lower Temples

• **Bend the Hinge** and change the angle of the hinge.
  
  – Up on the side that’s up
    • Raising the temple lowers the lens
  
  – Down on the side that’s down
    • Lowering the temple raises the lens.
Basic Adjusting Techniques

• Step 3
  Adjust behind the ears.

✓ Hot Spot

✓ Indentations
Basic Adjusting Techniques

• Step 3
  Adjust behind the ears.
Basic Adjusting Techniques

- Step 3
  Adjust behind the ears.
Adjusting Nose Pads

• Step 4
  – American Pad
  – Looped Pad Arms
  – Straight Pad Arms
Adjusting Nose Pads

- Nose pad angles
  - Frontal angle
  - Splay angle
  - Vertical angle
Adjusting Nose Pads

• Front Angle – View from the front
  – the tops of the pads should be closer together than the bottom of the pads and level.

• Splay Angle – View from the top
  – the back of the pads should be farther apart than the front of the pads.

• Vertical Angle – View from the side
  – the bottom of the pad should be closer to the eyewire than the top of the pads.
Adjusting Nose Pads

• Pads should
  – Rest halfway between the crest of the nose and the inner canthus.
  – Be flush with the surface.
  – Be adjusted to increase or decrease vertex distance.
Evaluating the Adjustment

• With the frame on the patient
  ✓ Lift each lens at the same time and gently pull toward you – check the resistance.

  ✓ Ask the patient “Are they comfortable?”

  ✓ Make any changes as needed.
Final Touches

✓ Check temples for proper fold.

✓ Secure the ends of the screws.

✓ Teach how to put on and take off.

✓ Discuss lens care and proper case use.

✓ Make sure the patient can see.
Now What?

• Become familiar with your optical tools.
• Expect to break frames.
• Consult other reference material.
  – POT Manual, Brooks and Borish, Tools Catalogs
• Practice on everyone you know.