

From The Mind of:

Dr. Douglas P. Benoit, OD, FAAO

A NaturalVue® Multifocal Practitioner Experience



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First, I assess the patients' motivation to wear a multifocal contact lens. I explain in realistic terms what a multifocal contact lens can and cannot do. This patient education is very important to success. If the patient expects "perfect" vision at all distances, they (and you) will be disappointed.

Next, I do a full examination to ensure that they have good ocular health and that their tear film is adequate. I also perform a careful refraction with a trial frame. It is important do a new refraction, if it has been more than 3 months since the patient was last seen. Things change in presbyopes. I also check HVID, pupil size in average room light, keratometry/topography, and eye dominance.

When I choose the first diagnostic lens, I look at the spherical equivalent power. If I need to choose between two powers, I will go to the next higher minus on the dominant eye, and the next lower minus power on the non-dominant eye. For example: dominant eye, spherical equivalent -3.87, I would choose a -4.00.

I put on the lenses and let the patient look around the room for 5-10 minutes, just chatting, etc. Next, I assess distance vision and over-refract with loose lenses if necessary. If needed, I will increase the power by -0.25 for the dominant eye and re-assess. For near I would decrease the non-dominant eye by -0.25. Once I have satisfactory vision at distance and near, I review what the patient should expect for adaptation to these lenses. I advise them to go about their daily activities and avoid covering one eye to compare acuities.

Then, I schedule them for follow-up in 1 week. I explain that we will re-check everything at that visit and make adjustments as needed. I also stress that they can call at any time with questions or concerns.

Dr. Douglas P. Benoit is in private practice at the Concord Eye Center in Concord, NH. His practice includes primary eye care, contact lens care and the treatment of external ocular disease. He received his doctor of optometry degree from the New England College of Optometry in Boston. Dr. Benoit was given the Frederick Farnum Alumni Association Award for his excellence in the contact lens field. He is a fellow of the American Academy of Optometry and a Diplomate of the Cornea and Contact Lens Section. Dr. Benoit consults for Visioneering Technologies, Inc., Alcon, Inc. and as an advisory board member for the GPLI (Gas Permeable Lens Institute).