



custom stable™  
CONTACT LENSES

FITTING GUIDE

valleycontax

# Table of Contents

Preparation, Cleaning & Sterilization .....	1
About the Custom Stable .....	2
Basic Fitting Principals .....	3
Adding Front Toric .....	9
Laser Mark Guide .....	11
Fitting the Custom Stable Aurora .....	12
Troubleshooting the Custom Stable Aurora .....	13
Advanced Options .....	16
Quadrant Specific Option .....	17
Edge Vault Option .....	19
Limbal Lite Option .....	21
Troubleshooting Guide .....	22
Consultation Services .....	23

# Custom Stable Fitting Set Preparation, Cleaning & Sterilization

- 1 Wash hands well with contact lens approved hand soap.
- 2 Clean lens thoroughly with contact lens solution of choice. Custom Stable lenses are manufactured in GP materials. Any cleaner or solution approved for "GP" lenses is approved for use with the Custom Stable.
- 3 Rinse lens well with preservative free saline.
- 4 Completely massage conditioning solution into lens, emphasizing the front surface. Focus on the absorption of the conditioning solution into the material.
- 5 With magnifier or lensmeter verify lens parameters match lens case label.
- 6 Place lens in conditioning solution and soak until application.

## **Recommended Protocol for Disinfecting Rigid Gas Permeable Contact Lenses**

Place rinsed lens in original lens case. Fill lens well with hydrogen peroxide solution, 3%. Allow for 3-24 hours soaking. Rinse lens and lens case thoroughly with saline or multipurpose contact lens solution (no water). Store lens dry or in conditioning solution (Unique pH, Boston Advanced, Boston Conditioning Solution, etc) for up to 1 month. Cases should be replaced yearly.

## CS custom stable | Prime

The Custom Stable Prime is an easy fitting lens with a symmetrical landing zone. The entire Custom Stable line provides a reverse geometry limbal curve for consistent limbal clearance, and a wide, healthy landing zone.

## CS custom stable | Elite

The Custom Stable Elite combines the successful properties of the Custom Stable Prime with a bi-symmetrical toric landing zone. The Elite aligns to the sclera naturally and provides excellent comfort and customization. Fit the Elite with the same sagittal height formulas, check the laser "0"s, and over-refract.

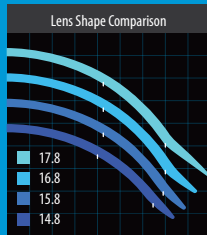
## CS custom stable | Aurora

The Custom Stable Aurora is a front surface multifocal, with the same back surface as the Elite, that achieves all of the demanding vision distances of today's presbyopes. It is a design that uses a dominant (distance center)/non-dominant (near center) system that works in unison with the patient and accommodative demands.

## Lens Sizes

2

- 14.8** The perfect lens for pediatrics, small apertures/ corneas, or when corneal clearance requirements are minimal.
- 15.8** The Go-to lens on most fits. Combines a great amount of clearance options, with a wider, softer landing zone.
- 16.8** Perfect lens when the 15.8 does not give the balance of clearance and a healthy landing zone. Incredible versatility when fitting pronounced corneas.
- 17.8** Our highest sagittal option in the series. Use when the patient has large aperture, extreme clearance needs, or previous scleral wear experience.



# Select Your Starting Sagittal Height

## STEP 1

3

Use HVID, K readings, and/or sagittal height of the cornea to determine initial lens selection.

### HVID

If HVID is 11.5 or less, start with the 14.8 diameter.

If HVID is 11.6 or greater, start with the 15.8 diameter.

If HVID is greater than 12.5, or sagittal need is high, use the 16.8 or 17.8

### Sagittal Height

If using anterior segment OCT, use the 15 mm chord sagittal height of the cornea, then adjust according to which lens you are using:

14.8 – add 250  $\mu\text{m}$

15.8 – add 550  $\mu\text{m}$

16.8 – add 850  $\mu\text{m}$

17.8 – add 1100  $\mu\text{m}$

### K Readings

K reading can also accurately determine the starting lens. Flatter K readings generally need less sagittal height, while steeper K's need more height. Use the following formulas to get started.

**14.8** – Convert the flat K to microns. For example: 41.50 flat K, converts to a 4150 sagittal height. Then subtract 400  $\mu\text{m}$ . Use this value as your starting sagittal depth.

**15.8** – Convert the flat K to microns and start with the closest available sagittal depth.

**16.8** – Take flat k, and add 350 microns.

**17.8** – Take flat k, and add 650 microns.

Use preservative free saline and ensure the lens is clean.

The care and handling of the Custom Stable line of lenses consists of the use of solutions labeled safe for all GP contact lenses. It is important that the lens is very clean on both surfaces and that no cleaning solution is left on the back surface of the lens. The lens is then filled with **Preservative Free Saline** and applied, with the patient's head parallel to the floor.

We provide many online digital resources on our website at [valleycontax.com](http://valleycontax.com). Among them is our easy to follow "Care and Handling" tutorial video. Please refer to it as a visual aid. [valleycontax.com/video/?vid=2](http://valleycontax.com/video/?vid=2)

# Perform a Preliminary Check on the Fit

## STEP 3

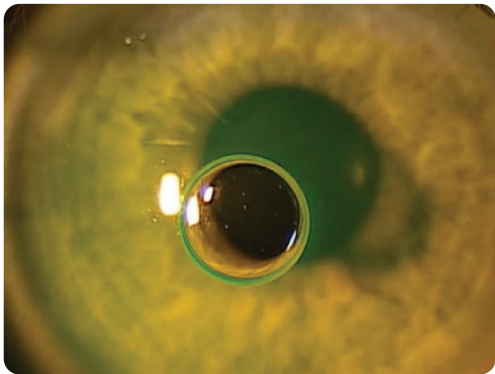
5

### Check for application bubbles.

At the point of application, quickly scan the lens for the presence of application bubbles, if so, remove immediately and insert again. A common cause of application bubbles are sudden, Rapid Eye Movements by the patient at the moment of application. Assure that the patient stays calm, breathes and has a fixation point down near their feet. If initial application shows adequate clearance and a healthy looking landing zone, approve initial diagnostic lens.

### Allow the lens to settle 20-30 minutes

Allowing the lens to settle during the diagnostic phase is a key element of success. Settling time allows the fitter to accurately analyze landing zone alignment. See page 8 for customization of the scleral landing zone.



# Check Central & Limbal Clearance

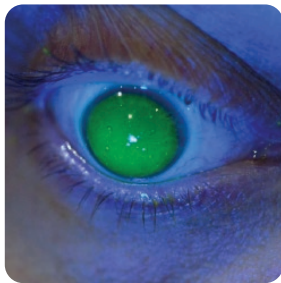
## STEP 4

6

Check for 150-250 microns of central clearance and notate lasering to verify lens parameters.

At this point, there should be between 150-250 microns of central clearance, and clearance over the limbus. The limbal clearance will not be as high as the central clearance, however limbal "bearing" must be avoided (see photo).

The Limbal Clearance Zone (LCZ) is a system that controls the vault of the lens over the limbus to the central curvature. Refer to the chart to make your LCZ adjustments.



custom stable lens with inadequate limbal clearance

### Limbal Clearance Zone – LCZ

Adjustment Type

Change to Sagittal Depth

+ (plus)

flatter LCZ (lower sagittal depth)

- (minus)

steeper LCZ (higher sagittal depth)

Sagittal Depth per Step of Adjustment

~100 micron



# Analyze Peripheral Alignment

Make sure there is no impingement.

The health and flow of the conjunctival vessels are a key component of a healthy, successful fit. It is important to see these vessels flowing smoothly. The Scleral Landing Zone (SLZ) is the component of the lens that controls the alignment of the lens to the sclera. There should be no NaFl under the SLZ, as it should be perfectly aligned. The SLZ utilizes a step system to adjust for customization. Refer to the chart to make your SLZ adjustments.

**CUSTOM STABLE ELITE & AURORA** system allows for individual meridian customization of the Scleral Landing Zone. The laser marked "0"s notate where the flat landing zone is located.



## STEP 5

7

### Scleral Landing Zone – SLZ

Adjustment Type	Change to Landing Zone
-----------------	------------------------

+ (plus)	flatter SLZ
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- (minus)	steeper SLZ
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Sagittal Depth Change per Step of Adjustment

30 micron

# Over-refract

## STEP 6

8

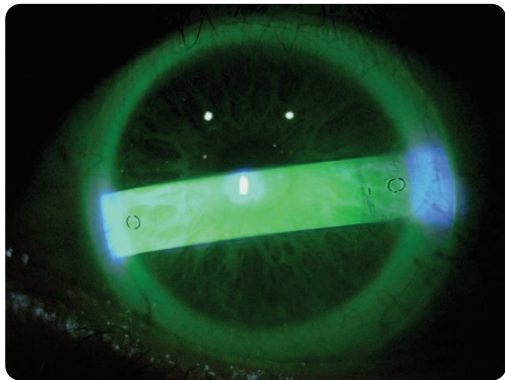
### custom stable | Prime

If fitting the Custom Stable Prime, attempt to get the patient to a successful line of vision without the use of refractive cylinder. If needed, customized refractive cylinder can be added to the front surface at any axis by the traditional use of prism ballast to orientate cylinder. Simply perform over refraction with cylinder and axis and our team will do the rest.

### custom stable | Elite

When using the Custom Stable Elite and a front toric is needed our system locks in cylinder without the use of prism or ballasting. This system keeps the weight of the lens minimal to promote corneal health. Use the diagnostic markings on the trial lenses to analyze position of flat landing zone and communicate with the Valley Contax consultants appropriately. We incorporate the LARS system to compensate for the location of the flat meridian of the landing zone (laser "0"s). **It is important to refer to the 0/180 meridian as the baseline for this rotation.** See examples on the next page.

**TIP:** be sure to perform the "spin test" by manually rotating and check that rotation is repeatable before ordering CS front torics.



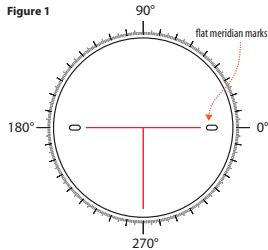
A Custom Stable showing 20 degrees "right" rotation.

# Custom Stable Elite Front Toric Ordering

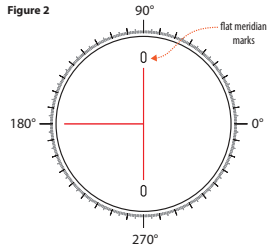
## STEP 7

### Notate the SLZ marks

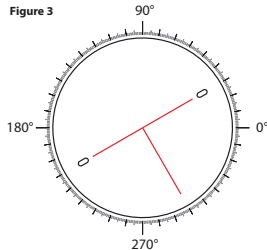
It is very important to notate the location of the flat SLZ marks on the Custom Stable Elite trial lens on fits. If a front toric is required, use these fitting examples.



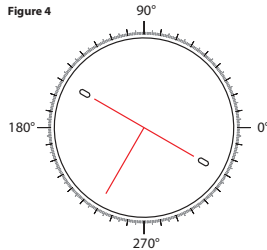
CS Elite lens with 0° rotation



CS Elite with 90° rotation



CS Elite with 30° right rotation

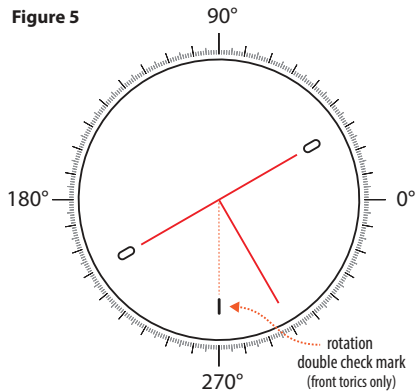


CS Elite with 30° left rotation

## Double check rotation.

When ordering front torics, the custom toric lens will have rotation double check lasered marks. These will be on the 90 or 270 meridian if the rotation is consistent and documented properly.

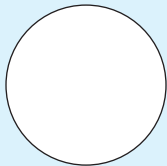
Figure 5: A Custom Stable Elite lens with 30 degrees right rotation and rotation double check mark to show what the toric lenses will look like.



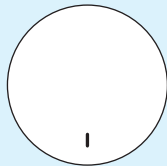
# CUSTOM STABLE LENS MARKS

(All examples with 0° rotation)

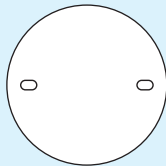
CS Prime



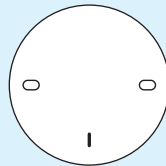
CS Prime Front Toric



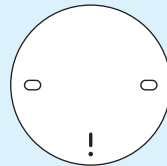
CS Elite / Aurora



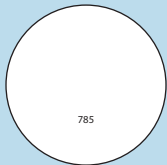
CS Elite / Aurora Front Toric



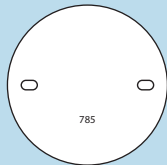
CS Quad / Edge Vault



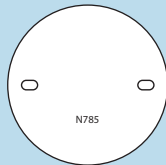
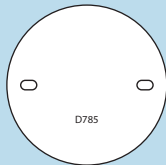
CS Prime Fitting Set



CS Elite Fitting Set



CS Aurora Fitting Set



DISTANCE

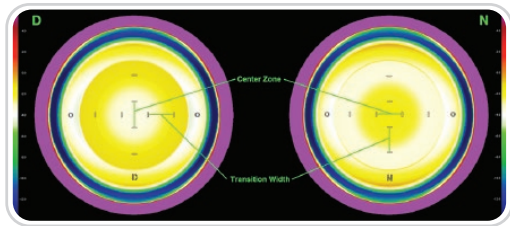
NEAR

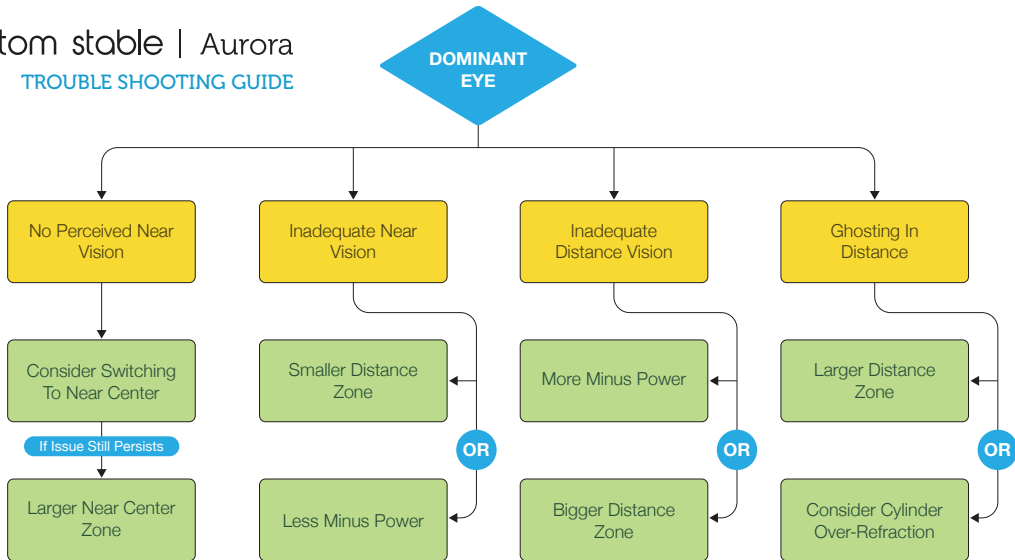
# Custom Stable Aurora

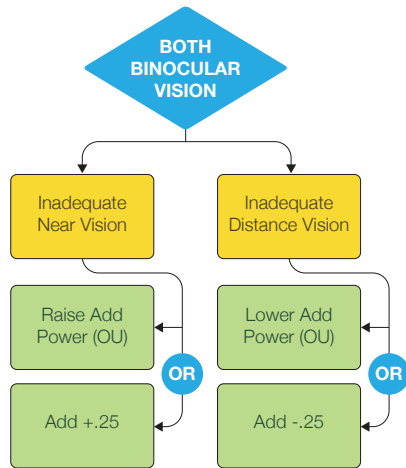
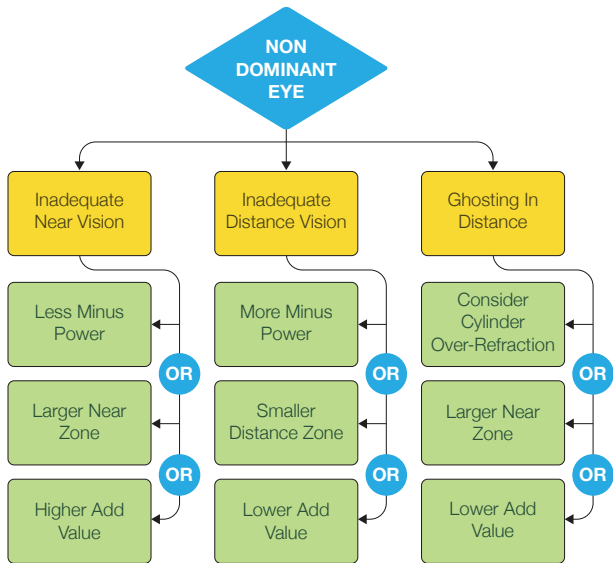
The back surface of the CS Aurora is that of the CS Elite (toric periphery) use the fitting principals listed under the CS Elite section. Over-refract the patient with a spherical component only. Attempt to achieve good visual acuity without over-minusing the patient. Simply record dominant eye, add power and the basic elements of Custom Stable fitting: central clearance, limbal clearance and a healthy, aligned Scleral Landing Zone.

## Lens Options

- The CS Aurora is available with center zones of 1.0mm-3.5mm. Fitting sets contain options of distance and near in standard zone sizes of 1.5 (Clear), 2.0 (Green) and 2.5 (Blue).
- 6.0 mm intermediate add zone on both eyes. This gives progressive add power on the distance lens and our progressive "reverse add" on the near lens.
- Add power is available +1.00 to +3.50











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Helping provide Custom Stable lenses for those who need it most. A discount of up to 85% for those who qualify.

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# Advanced Options

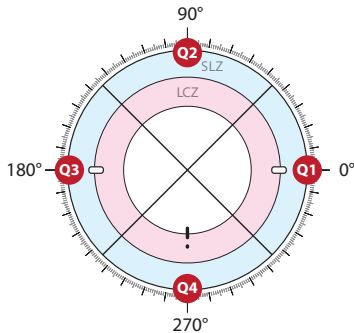
The Custom Stable Elite and Custom Stable Aurora designs can be further enhanced using the advanced options on the pages that follow.

# Custom Stable Quadrant Specific Option

## Advanced customization for the perfect fit.

The quadrant specific version of the Custom Stable system is designed to perfect the fitting when the bi-symmetrical techniques are not sufficient. To fit the quadrant specific lens:

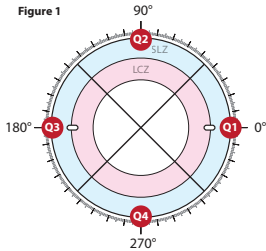
- 1 Locate and document the rotation of the flat landing zone mark's "0"s (from the 0/180 corneal meridian).
- 2 Quadrants are labeled 1-4 in a CCW direction. The right side "0" is always quadrant #1.
- 3 Both the LCZ and the SLZ are independently customizable in each of the 4 quadrants.
- 4 Simply communicate to the Valley Contax consultation team the specifics of the fit. (Example: LCZ 360: +1 // SLZ Q1, Q3: +5 // SLZ Q2: -3 // SLZ Q4: +1)
- 5 Custom Stable quadrant specific lenses will have a vertical hash mark and drill dot marker with ink that is designed for patients to insert at 270 (down) (see example).



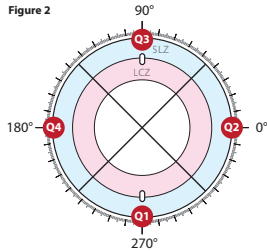
# Quadrant Specific Option Examples

Notate and document location of "0"s and customization requests.

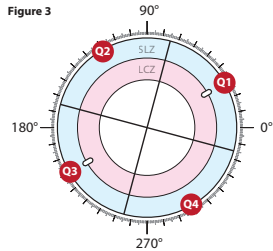
Here are some examples of Custom Stable quadrant specific lenses rotated, indicating the location of each quadrant respective to lens rotation. To customize the LCZ or SLZ, specify the quadrant and how many microns of clearance change is needed.



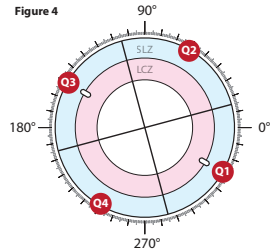
CS Elite lens with 0° rotation



CS Elite with 90° rotation



CS Elite with 30° right rotation



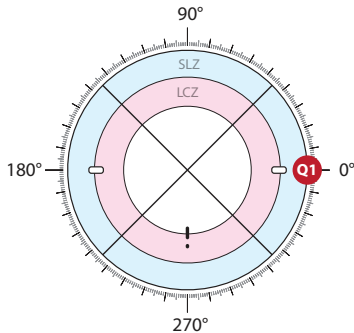
CS Elite with 30° left rotation

# Custom Stable Edge Vault Option

Easily vault over elevations in the limbus/sclera.

Edge Vault is employed from the back surface of the Custom Stable Elite and allows you to vault over extremely high sections of the cornea/limbus due to a pinguecula or any other form of elevation. To specify simply communicate:

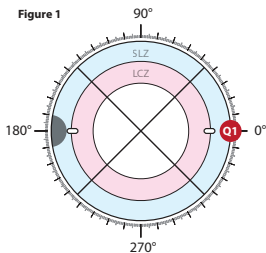
- 1 Rotation of the flat meridian (laser "0"s) from the 0/180 meridian of the eye.
- 2 Distance in degrees from Quadrant 1 (CCW)
- 3 Desired width in degrees of Edge Vault
- 4 Required height of Edge Vault (available up to 600  $\mu\text{m}$ )
- 5 Custom Stable lenses with edge vault will have a vertical hash mark and drill dot marker with ink that is designed for patients to insert at 270 (down) (see example).



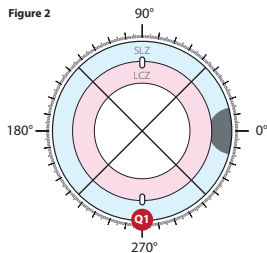
# Edge Vault Option Examples

Notate the location and width of the edge vault.

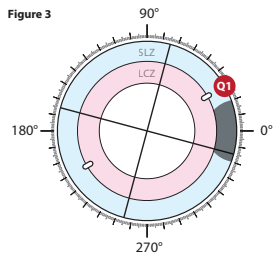
Here are some examples of rotated Custom Stable lenses with edge vault, indicating the location relative to quadrant one. The width is specified in degrees.



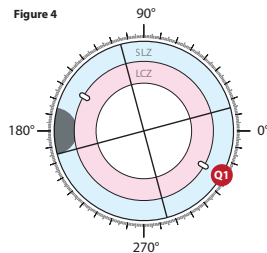
CS Elite lens with 0° rotation  
Edge Vault at 180° and 20° wide



CS Elite with 90° rotation  
Edge Vault at 90° and 30° wide



CS Elite with 30° right rotation  
Edge Vault at 330° and 40° wide



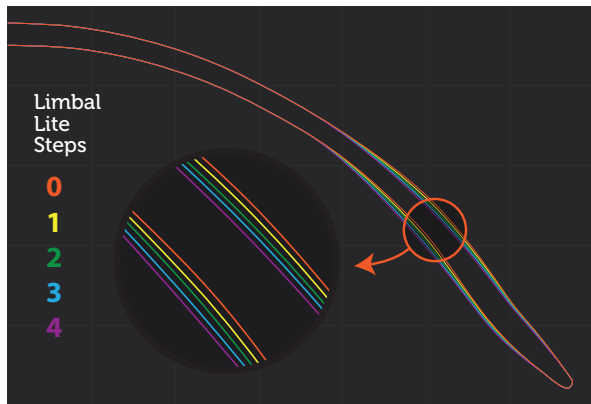
CS Elite with 30° left rotation  
Edge Vault at 210° and 30° wide

## Limbal Lite Option

Reduce excessive limbal clearance, elbow compression and blanching.

The Custom Stable line of lenses is focused on constant limbal clearance. The Limbal Lite Option is designed to reduce clearance over the limbus when it is excessive. The change maintains overall sagittal depth of the lens as well as overall central clearance. The diagram to the right shows the four steps of the Limbal Lite option. Each step reduces exactly 50 microns of clearance over the limbus.

The Limbal Lite Option can also be used to reduce compression and blanching in the limbal or scleral zones.



# Troubleshooting Guide

## Objective

Findings	Probable Cause	Suggested Action
lens rides low	too much limbal/central clearance	flatten LCZ "+" (100 $\mu\text{m}$ /step)
	vertical meridian of SLZ too flat	steepen vertical SLZ "-" 1-2 steps
excessive clearance	too steep LCZ	lower sagittal depth 1 lens/flatten LCZ
minimal clearance	too flat LCZ	increase sagittal depth/steepen LCZ
conjunctival prolapse/chelasis	too much limbal clearance	flatten LCZ (+1 step)
blanching at edges	SLZ too steep	check location of flat meridian/flatten SLZ accordingly
impingement at elbow	too steep of LCZ	flatten LCZ (+1 step)
	too flat of SLZ	steepen SLZ (-1 step)
edge liftoff	SLZ too flat	check location of flat meridian/steepen SLZ accordingly
cloudy after 2 hours or more	tear exchange	perform NaFl test check location of flat meridian/steepen SLZ accordingly



# Contact Us

Contact a Valley Contax consultant for free instant consultation and to place your order. You can call us, email or chat live with us via our website.

800-547-8815

valleycontax.com ([live chat](#))

contax@valleycontax.com

valleycontax

OPTIMUM  
by Contamac<sup>®</sup>

Valley Contax recommends Contamac Optimum lens materials for Custom Stable lenses.

