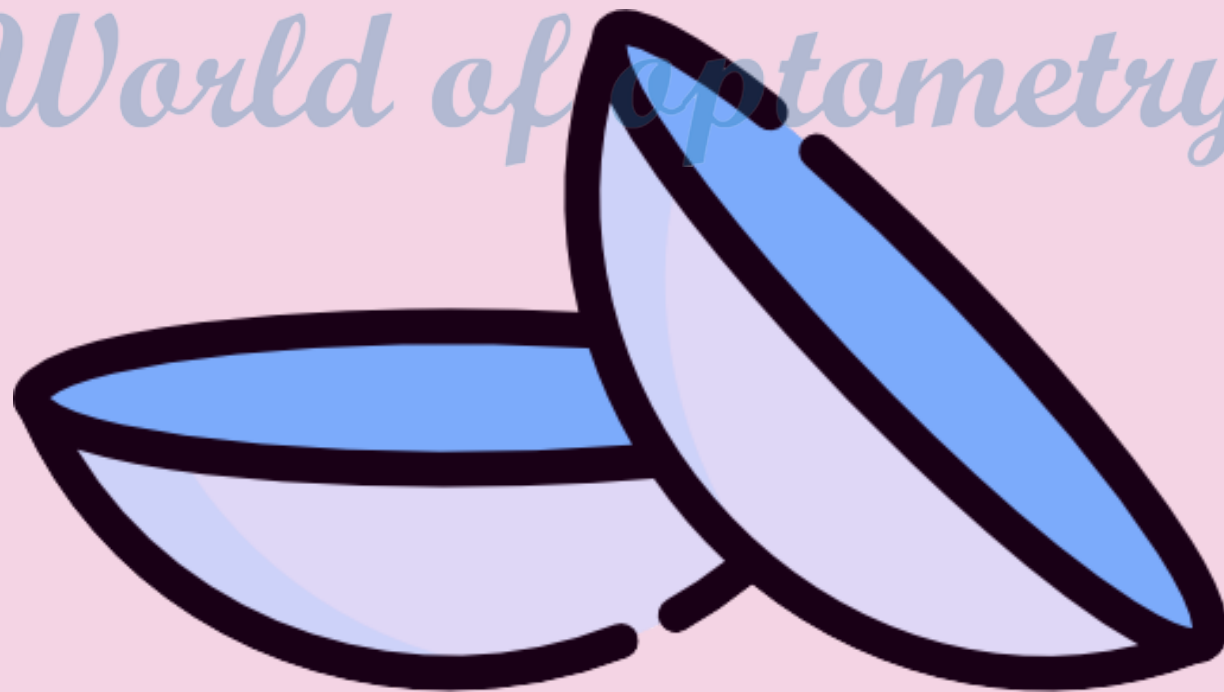




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Two Case Study

TORN CONTACT LENS



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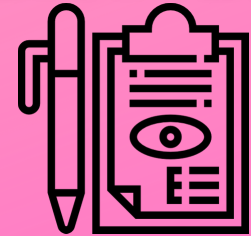
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Patient History



CHIEF COMPLAINTS: 19 year-old, female c/o discomfort and FB sensation when inserting CL on LE since 2-3 days ago. Patient claims that discomfort reduces after few hours.

OCULAR HISTORY: Last eye exam: 2 weeks ago, no prescription given. H/o Spectacle wear for 5 years and contact lens wearer for 1 year. No h/o ocular injury/surgery/ocular diseases. Not on any medications.

PAST MEDICAL HISTORY: Last medical exam: 3years ago @ Hospital (Claimed to be healthy). No h/o trauma/surgery. Not on any medications or supplements.

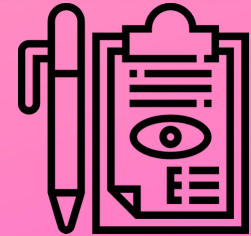
FAMILY HISTORY:

No h/o other systemic or ocular disease.



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Patient History



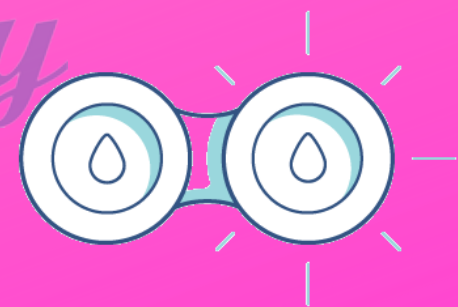
CONTACT LENS HISTORY:

- Started wearing CL for 1 year for Cosmetic purpose.
- Bought at optical shop as per prescribed (RX: -4.50 D BE)
- Unable to recall the brand
- Clear lens, monthly disposable
- Fitting assessment done prior to wear
- Current CL is 1 week old.
- Wearing period: 20 days per month 5 days per week and 10 hours per day



CARE AND MAINTENANCE:

- Uses Renu MPS to clean and store.
- Replaces solution every time after wearing CL
- Replaces case every month.
- Never sleeps or swims with CL
- Washes face and sometimes showers with CL
- Patient admits that she never takes CL case everywhere she goes



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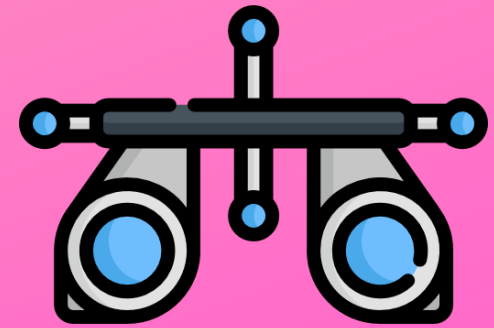
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Clinical Findings with Contact Lens

VISUAL ACUITY (with CL)

- BE: 6/6 (+1.00 D: 6/18)

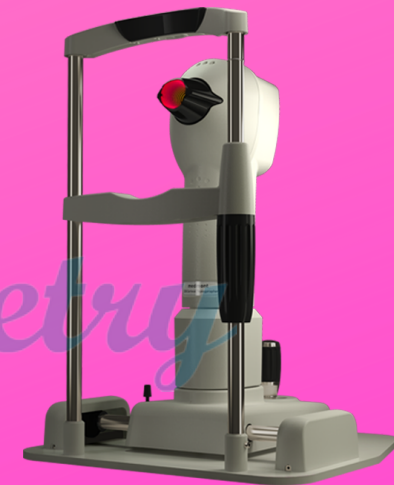


KERATOMETER READING

- RE: Astigmatism : -0.50 DC X 180 (Clear Mire)
- LE: Astigmatism: -0.50 DC X 05 (Clear Mire)

CURRENT SPECTACLE RX

- RE: -4.75 DS (6/5), (+1.00 : 6/12)
- LE : -4.75 DS (6/5), (+1.00 : 6/12)

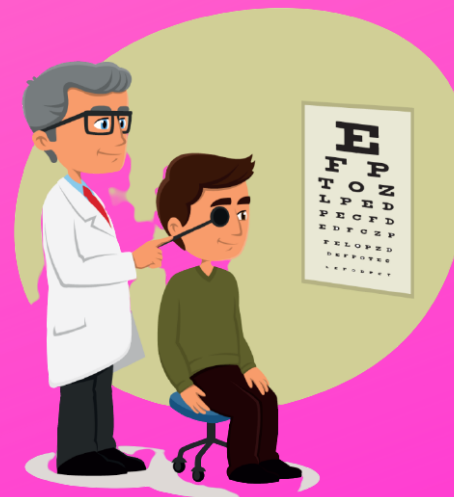


OVER REFRACTION

- RE : +0.25 /-0.25 x 170 (6/5)
- LE : +0.25 /-0.50 x 180 (6/5)

PHORIA (Near & Distance)

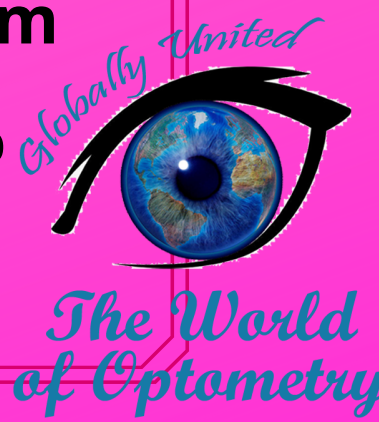
- RE: Orthophoria
- LE: Orthophoria



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Fitting Assessment

ASSESSMENT	RE	LE
COVERAGE	FULL	FULL
CENTRATION	H: 0	H: 0
BLINKING AT UPGAZE	V: -0.1 mm	V: -0.1 mm
BLINKING AT PRIMARY GAZE	0.2 mm	0.2 mm
LATERAL LAG	0.2 mm	0.1 mm
UPGAZE LAG	0.2 mm	0.2 mm
PUSH UP TEST	60%	50%
COMFORT	5/5	3/5

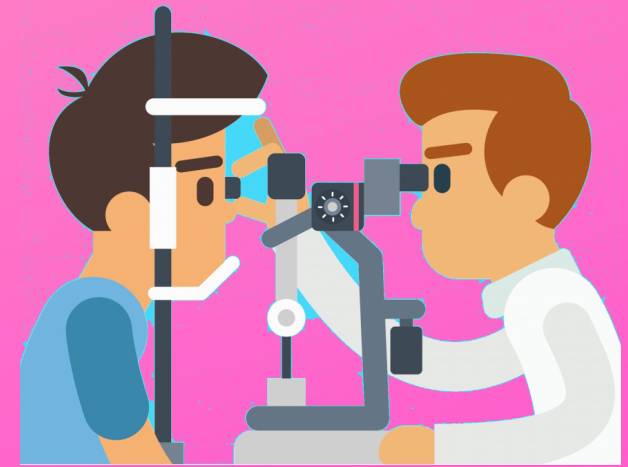


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Slit Lamp Examination upon removal of Contact Lens

SLIT LAMP EXAMINATION:

- **EYELASHES:** BE Clean
- **LENS:** BE Clear & No Abnormalities
- **LID MARGIN:** RE: MGB G 0.5, LE : MGB G 0.5
- **PALPEBRAL CONJUNCTIVA:** BE : Papillae G 2 (Upper & Lower)
- **CORNEA:** RE : Clear. LE: Staining G1.5 at 1 O'Clock
- **TEAR-BREAK-UP-TIME:** RE: 3s, L.E : 2s
- **TEAR MENISCUS HEIGHT:** RE :0.1 mm, LE : 0.2 mm



LENS INSPECTION:

Right Lens was clean and mild lipid deposits presents.
Left Lens were torn and missing part at 1 O'clock.



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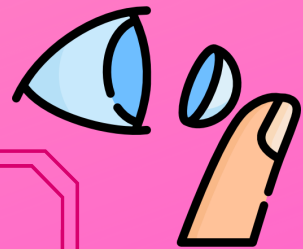
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Patient's Lens Handling Checklist

METHOD

CHECK LIST



Washing hands with soap
before handling CL

YES

Wipe / dry hands

YES

Solution in case

PRESENT, CLEAN

Condition of case

CLEAN

Washing case before
replacing solution

WASHES WITH TAP WATER
NEVER DRIES THE CASE

Cleaning lens
before storing

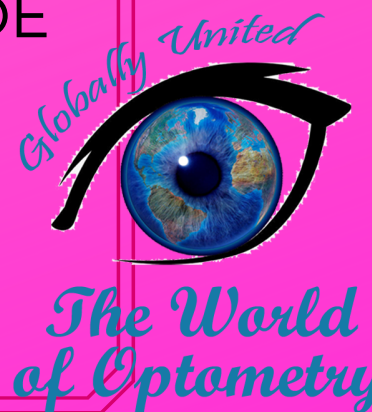
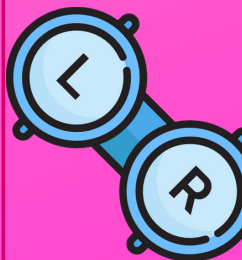
ONLY RUBS ONE SIDE

Cleaning technique

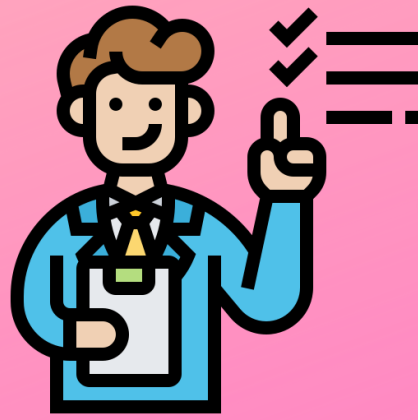
CIRCULAR MOTION

Rinsing after cleaning

NO



Diagnosis



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TORN LEFT CONTACT LENS

Findings

1. Optimum fitting on BE
2. Poor CL hygiene
3. Left lens torn (missing part) at 1 O'Clock
4. Superficial corneal staining at 1 O'Clock G1 on LE
5. Presence of Papillae on palpebral conjunctiva
G2 on BE
6. Low Tear Break Up Time on BE



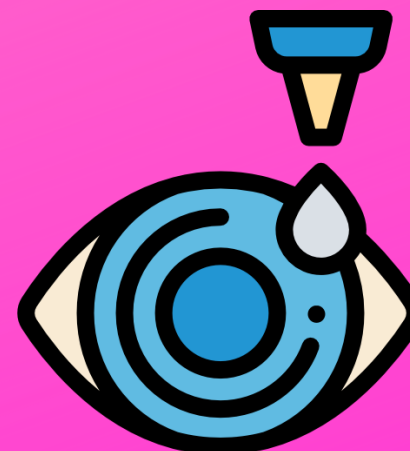
***Efron Grading Scale**



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Management/Treatment

1. Discard left CL.
2. Lay off CL for 3-4 days due to superficial corneal staining.
3. Cold compression on BE b.i.d to subside the presence of papillae.
4. Non-preserved Artificial Tears BE q.i.d for the treatment of dry eye.
5. TCA: 1/52 for follow up.



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Contact Lens Advice to the Patient

1. Clean your lenses after removal and before inserting (not circular motion but from in to out -360 degree)
2. Carry your storage case that has a clean solution in it.
3. Always keep your spectacles up-to-date so that you can use them if you lose or break a lens.
4. Insert the CL first before wearing any make up.
5. Do not wash face or bath with lenses on.
6. Do not use tap water to clean the lens and the case.
7. Rinse with saline after cleaning with MPS.



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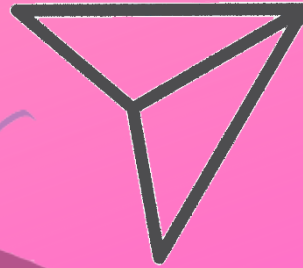
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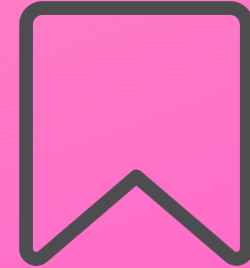
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