



## Refraction with Progressive Box, a Necessary Update

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Progressive lenses are a great solution to correct the vision of presbyopic patients, these lenses have a progressive channel that corrects vision at a far, intermediate and near distance.

If the person has never used this technology in their glasses, they will have to go through an adaptation phase. The new user must learn through which areas of the glass to look according to the place they want to focus. It is at this point where it becomes essential for the visual health professional to educate the patient about it, and the best way to do this is to allow the person to empirically prove in the ophthalmology consultation that it feels like using a progressive lens.

### Progressive crystal box

This test box contains 11 pairs of short aisle progressive lenses. Each crystal has neutral power in distance vision which increases gradually until reaching the addition that the patient needs to correct his near vision. The powers range from +1.00 to + 3.50 in 0.25 steps.



**Received:** October 18, 2021

**Published:** October 22, 2021

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### How to use it

At the end of the subjective refraction, when we have the distance and near correction of our patient on the trial frame, we must replace the positive crystals that were determining the addition of the person, with the crystals of the same power from our box of progressive. For example, if on the trial frame in one eye we have the correction +1.00 for distance, and on this lens we have a +2.00 that represents the addition that the patient needs for correct near vision, we must replace the glass +2.00 for the +2.00 lens from our progressive box.

After doing this in both eyes, we can perform different tests of near and far vision educating our patient about the use of multifocal glasses.

Progressive lenses require great precision in many aspects, therefore careful work is required on our part to obtain the best results. I believe that it is essential to incorporate this tool into our practice, we, the visual health professionals, are the most suitable to educate and solve the doubts of our patients and if we use this progressive test box in a good way we can avoid future problems of adaptation to the mentioned technology.

### Recommendations

I advise accurately measuring the nasopupillary distance, since it will later be of vital importance when the optician sends the final lens to be made. It is also important to measure the nasopupillary distance for far and near, since this way we will have an idea of what the convergence of the patient is like and we can optimally locate the progressive lenses in the trial frame.



Another important point is that the progressive glass mounting cross is better positioned at the lower edge of the patient's pupil, unlike the mounting on the frame where the optical cross should ideally be positioned in the center of the pupil.

**Volume 4 Issue 11 November 2021**

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