

## **STABILIZING TECHNIQUES OF CONTACT LENSES**

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### **ABSTRACT:**

This paper describes about Stabilizing Techniques of Contact Lenses.

### **INTRODUCTION:**

This is a very important procedure to stable the high toric contact lens on the toric cornea. Because in case of high astigmatism, there is a variation of contact lens thickness at different region of the contact lens and due to this reason there are chances of expelled of contact lens from the cornea.

Stabilizing Technique follow the “WATER MELLON SEED” (WMS) principle.

Because Water Mellon seed is squeezed between the thumb and forefinger and then it is rapidly expelled from that convergent area. Slippery is due to moist of the seed.

Same thing is followed here .In case of “Stabilizing Technique”, contact lens edge is become thin & chances to create less contact between inner surface of the upper lid & contact lens edge border.

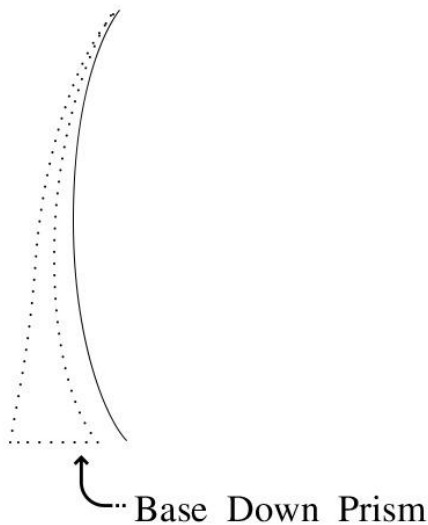
The “tear” provides lubrication & lid tonus provides “squeeze” pressure to expel the lens from under both lids.

There are several techniques for “Stabilization” of the Toric contact lens on the toric cornea. These are:

- A. Prism Ballast
- B. Peri Ballast
- C. Truncation
- D. Double slab Off
- E. Reverse Prism

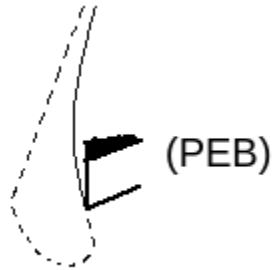
**PRISM BALLAST**

Here, lower part of the Contact lens is consisting of “Base Down” Prism. The Prism power is between 1 to 1.5 Prism Diopter. Due to this , only lower part of the Contact lens is thick. The main disadvantage is increase the interaction between ‘ CL and Eye lid’ in lower part of the Contact lens and Oxygen permeability is decreased in lower part of the Contact lens.



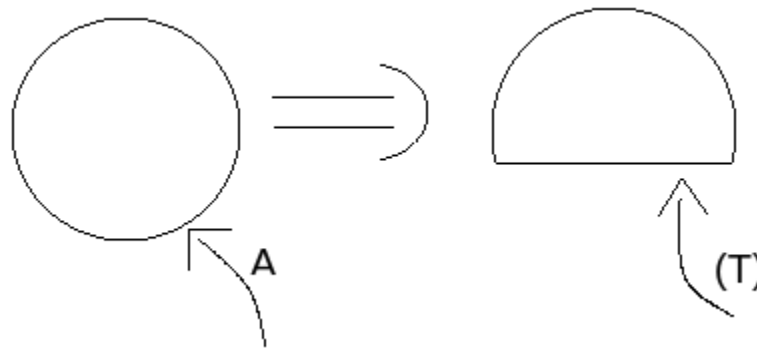
**B. PERI BALLAST (PEB)**

“Minus carrier design “is incorporated at the lower part of the contact lens. That’s why lower part is thickened.



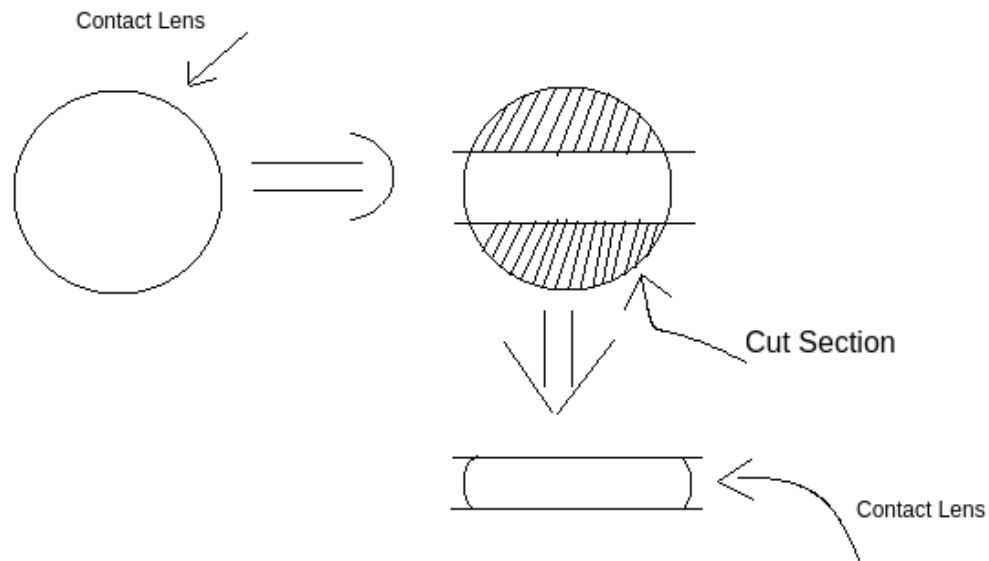
**C. TRUNCATION**

Here lower part of the contact lens is chamfered or horizontally cut. Due to this, it creates less interaction between the Contact lens & lid margin.



**D. DOUBLE SLAB OFF**

Here upper & lower part of the contact lens is chamfered or horizontally cut, due to less interaction of the upper and lower Eyelid.



**E. REVERSE PRISM**

Here Base-Down & Base-up prism is incorporated. Base to Base is attached just below the geometrical center of the contact lens.

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