

# MyoEyes

## 1. IDENTIFY CANDIDATES



**Age group:**  
Over 6 years old

**Refractive Error:**  
At least -0,50D

**Period of use:**  
From onset of myopia until 18

## 2. INITIAL EVALUATION AND PRESCRIPTION

### Refraction



- Cyclopegic Mohindra
- Fogging method
- Avoid undercorrection

### Biometry



- Monitor the progression
- OPTIONAL

### Frame selection



- Choose the correct frame size for the child's face

### Pupillary measurements



- Adjust the frame ensuring the correct alignment
- Natural position of the child
- Measure the monocular PD and fitting heights

## 3. DISPENSING AND INSTRUCTIONS

### Dispensing



- Verify that the fitting cross aligns with the pupil
- Tolerances should not exceed 1 mm vertically and 0.5 mm horizontally
- Check for any displacements or rotations in the lens

### Adaptation



- Experience blurred vision at the periphery is normal
- 1 to 3 days to be adapted but may take longer for older children or adolescents

### Prolonged Use



- Wear the new eyeglasses for at least 10 hours a day
- Not during sleep or sports

### Lifestyle Recommendations



- Spend at least two hours outdoors daily
- Take regular breaks from near work
- Reduce the use of electronic devices
- Use proper lighting
- Maintain a correct working distance (30cm or more for near work)

### Frame Adjustment



- Encourage parents to check the frame periodically
- Visit the optic center if necessary

### Regular Checkups



The World Council of Optometry recommends follow-ups after 1 month, 6 months, and a year