

Soft Contact Lenses - Lens Selection, Paperwork, and Handling Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. With a constant diameter, a tighter fit yields sagittal height**
 - A. Smaller**
 - B. Larger**
 - C. Ideal**
 - D. Unchanged**

- 2. Which of the following is true about the recommended direction the patient should look when applying a lens to scleral area?**
 - A. look away from the lens**
 - B. have them blink rapidly**
 - C. keep eyes closed**
 - D. have them look in the direction of the lens if placed on scleral**

- 3. Soft contact lens base curves are generally fit very**
 - A. Flat**
 - B. Slightly steep**
 - C. Moderate**
 - D. Very steep**

- 4. Is the described method to immobilize the eyelids during lens application correct?**
 - A. Yes**
 - B. No**
 - C. Sometimes**
 - D. Only with a partner**

- 5. With constant base curve, increasing diameter changes sagittal height by**
 - A. Decreases**
 - B. Increases**
 - C. Stays the same**
 - D. Becomes zero**

- 6. What steps should be taken after screening and selecting an appropriate lens?**
- A. Schedule a follow-up appointment in two weeks**
 - B. Proceed to lens fitting without any agreement**
 - C. Have a management agreement before you apply your lenses, fill out fees and review with patient, patient or legal guardian must sign, patient receives a copy and form gets scanned into their chart, fitting fee applied same day**
 - D. Only collect payment, no documentation**
- 7. If there is an increase in the diopter (D) of base curve, the contact lens will be flatter/steeper.**
- A. Flatter**
 - B. Steeper**
 - C. Unchanged**
 - D. Not predictable**
- 8. Which of the following is NOT listed as a factor influencing the choice between daily disposables and reusable soft lenses?**
- A. Hygiene risk**
 - B. Cleaning capability**
 - C. Brand of lens**
 - D. Ocular surface health**
- 9. What is center thickness and why does it matter for soft contact lenses?**
- A. Center thickness is the thickness at the lens center; it affects oxygen transmissibility, fitting characteristics, and mechanical stability.**
 - B. Thickness at the edge of the lens only affects tint.**
 - C. Center thickness determines color brightness.**
 - D. Thickness has no effect on fitting.**

10. What are the two replacement schedule packs a weekly lens comes in?

- A. 4 and 8 pack**
- B. 6 and 12 pack**
- C. 12 and 27 pack**
- D. 10 and 20 pack**

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Answers

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1. B
2. D
3. A
4. A
5. B
6. C
7. B
8. C
9. A
10. C

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Explanations

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1. With a constant diameter, a tighter fit yields sagittal height

A. Smaller

B. Larger

C. Ideal

D. Unchanged

Sagittal height describes how much the lens vaults over the cornea, basically how tall the posterior surface is relative to the corneal apex. With a constant diameter, making the fit tighter means the lens must grip the eye more closely along the whole circumference. To maintain contact around the edge while the center is pressed more firmly onto the cornea, the posterior surface effectively needs to be steeper (more curved). That increased curvature raises the sagittal height. If the fit were looser, the back surface wouldn't need to be as steep, so sagittal height would be smaller or unchanged. So the tighter fit leads to a larger sagittal height.

2. Which of the following is true about the recommended direction the patient should look when applying a lens to scleral area?

A. look away from the lens

B. have them blink rapidly

C. keep eyes closed

D. have them look in the direction of the lens if placed on scleral

Gaze direction during scleral lens application helps control eyelid position and how the lens lands on the sclera. When the patient looks toward the lens, the eyelids tend to clear the landing area, allowing the large-diameter lens to slide into place and seat evenly on the sclera as the eye settles. This alignment is important because scleral lenses rest on the sclera and create a tear-filled vault over the cornea, so predictable eyelid movement and smooth seating reduce the risk of misalignment or discomfort. Looking away can pull the lid away or cause uneven lid-tip interference, making placement less reliable. Blinking rapidly during placement can disrupt the lens maneuver and trap air under it, while keeping the eyes closed prevents the lens from centering properly. In short, directing the patient to look in the direction of the lens facilitates a safer, easier, and more accurate insertion.

3. Soft contact lens base curves are generally fit very

A. Flat

B. Slightly steep

C. Moderate

D. Very steep

Soft lenses depend on a gentle, forgiving drape over the cornea with enough movement for tear exchange. Starting with a flatter base curve (a larger radius) helps the lens settle evenly and sit comfortably, centering well on the eye and moving modestly with each blink. A steeper curve would grip the cornea and feel tight, while a very flat curve could lead to undue movement or instability. So, the general fitting approach is to begin with a relatively flat base curve.

4. Is the described method to immobilize the eyelids during lens application correct?

A. Yes

B. No

C. Sometimes

D. Only with a partner

Keeping the eyelids still during lens placement is correct because blinking and eye movements are the main things that can push or misalign the lens as you try to position it. By gently holding the upper and lower lids, you create a stable window over the cornea, allowing the lens to slide into place smoothly and seat evenly. This reduces the risk of the lens folding, catching on lashes, or slipping off the cornea, and it helps maintain a clean field for insertion. You can usually do this on your own, and a partner isn't required.

5. With constant base curve, increasing diameter changes sagittal height by

A. Decreases

B. Increases

C. Stays the same

D. Becomes zero

Sagittal height reflects how high the lens curves away from the cornea at the periphery. When the base curve is fixed, the interior curvature radius stays the same, so extending the diameter pushes the edge farther from the center along a circular arc. For a circular arc, the height above the center increases as you move outward, since $s = R - \sqrt{R^2 - x^2}$ and, for small x , $s \approx x^2/(2R)$. Increasing diameter means a larger x , which increases sagitta, so the sagittal height rises. The other possibilities would require the height to stay the same, drop, or go to zero, which doesn't happen with a larger radius of measurement on a fixed-curvature surface.

6. What steps should be taken after screening and selecting an appropriate lens?

A. Schedule a follow-up appointment in two weeks

B. Proceed to lens fitting without any agreement

C. Have a management agreement before you apply your lenses, fill out fees and review with patient, patient or legal guardian must sign, patient receives a copy and form gets scanned into their chart, fitting fee applied same day

D. Only collect payment, no documentation

After screening and selecting a lens, the essential step is to secure a formal management agreement and complete the accompanying paperwork. This includes reviewing fees with the patient, ensuring either the patient or their legal guardian signs the agreement, giving the patient a copy, and scanning the form into the chart, with the fitting fee applied on the same day. This process establishes informed consent, clarifies responsibilities, and creates a complete, traceable record for both the patient and the practice. It also ensures that financial arrangements are documented up front. Why this fits better than the other options: scheduling a follow-up in two weeks is a useful part of ongoing care but doesn't address the necessary consent and documentation tied to dispensing lenses. Proceeding to fit without any agreement bypasses important informed consent and record-keeping. Collecting payment without any documentation fails to meet standard practice requirements for accountability and patient records.

7. If there is an increase in the diopter (D) of base curve, the contact lens will be flatter/steeper.

A. Flatter

B. Steeper

C. Unchanged

D. Not predictable

Base curve describes how curved the back surface of a contact lens is. The diopter value of base curve is tied to curvature: higher diopters mean a shorter radius of curvature, which makes the surface steeper. So when the base-curve diopter increases, the lens becomes steeper, leading to a tighter, more snug fit against the cornea. If the diopter were lower, the radius would be larger and the lens would fit flatter. This is why increasing the base-curve diopter results in a steeper fit.

8. Which of the following is NOT listed as a factor influencing the choice between daily disposables and reusable soft lenses?

- A. Hygiene risk
- B. Cleaning capability
- C. Brand of lens**
- D. Ocular surface health

The idea being tested is how the choice between daily disposable and reusable soft lenses is driven by practical factors that affect hygiene, handling, and eye health. Daily disposables are favored when reducing hygiene risk is a priority because you wear a fresh lens each day and discard it, which limits deposits and contamination. Reusable lenses require a cleaning and disinfection routine; the ability to clean effectively and maintain lens hygiene becomes a major consideration in deciding whether this modality is suitable. Ocular surface health also guides the decision: the health of the tear film, corneal oxygen needs, and overall eye comfort interact with lens material and design, influencing which disposal schedule is better for the wearer. Brand of lens, while it can influence features like material, cost, or availability, does not by itself determine whether a lens should be daily or reusable. The disposal modality is rooted in hygiene practices, cleaning requirements, and the wearer's ocular health, not the brand name.

9. What is center thickness and why does it matter for soft contact lenses?

- A. Center thickness is the thickness at the lens center; it affects oxygen transmissibility, fitting characteristics, and mechanical stability.**
- B. Thickness at the edge of the lens only affects tint.
- C. Center thickness determines color brightness.
- D. Thickness has no effect on fitting.

Center thickness is the thickness measured at the very center of the lens. This central dimension matters because it directly influences three practical aspects of soft contact lenses. First, oxygen transmissibility: the amount of oxygen that reaches the cornea depends on the material's permeability (Dk) divided by the lens thickness (t). A thicker center reduces oxygen supply, while a thinner center improves it, which can affect corneal health, comfort, and wear time. Second, fitting characteristics: center thickness affects how the lens vaults over the cornea, its sag, and how it moves with blinking. If the center is too thick, the lens may ride too high, move less, or blur; if it's too thin, it can flex or tear more easily and may not maintain stable centration. Third, mechanical stability: a thicker center adds rigidity and can resist tearing and deformation, while a very thin center may be more prone to shape changes during handling and wear. Other statements miss these connections. Thickness at the edge isn't the sole factor for tint, center thickness doesn't determine color brightness, and thickness does influence fitting, not the opposite.

10. What are the two replacement schedule packs a weekly lens comes in?

A. 4 and 8 pack

B. 6 and 12 pack

C. 12 and 27 pack

D. 10 and 20 pack

weekly replacement lenses are meant to be used for one week, then discarded. If you wear lenses in both eyes, you'll need two lenses each week. So the number of lenses in a pack tells you how many weeks of use you're getting. A 12-lens pack covers roughly six weeks (two lenses per week), while a 27-lens pack covers about thirteen weeks. That's why those two pack sizes are the common options offered for weekly lenses. If you're unsure whether the count is per lens or per eye pair on a box, always check the packaging label.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://softcontactsselectionpaperworkhandling.examzify.com>

We wish you the very best on your exam journey. You've got this!

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