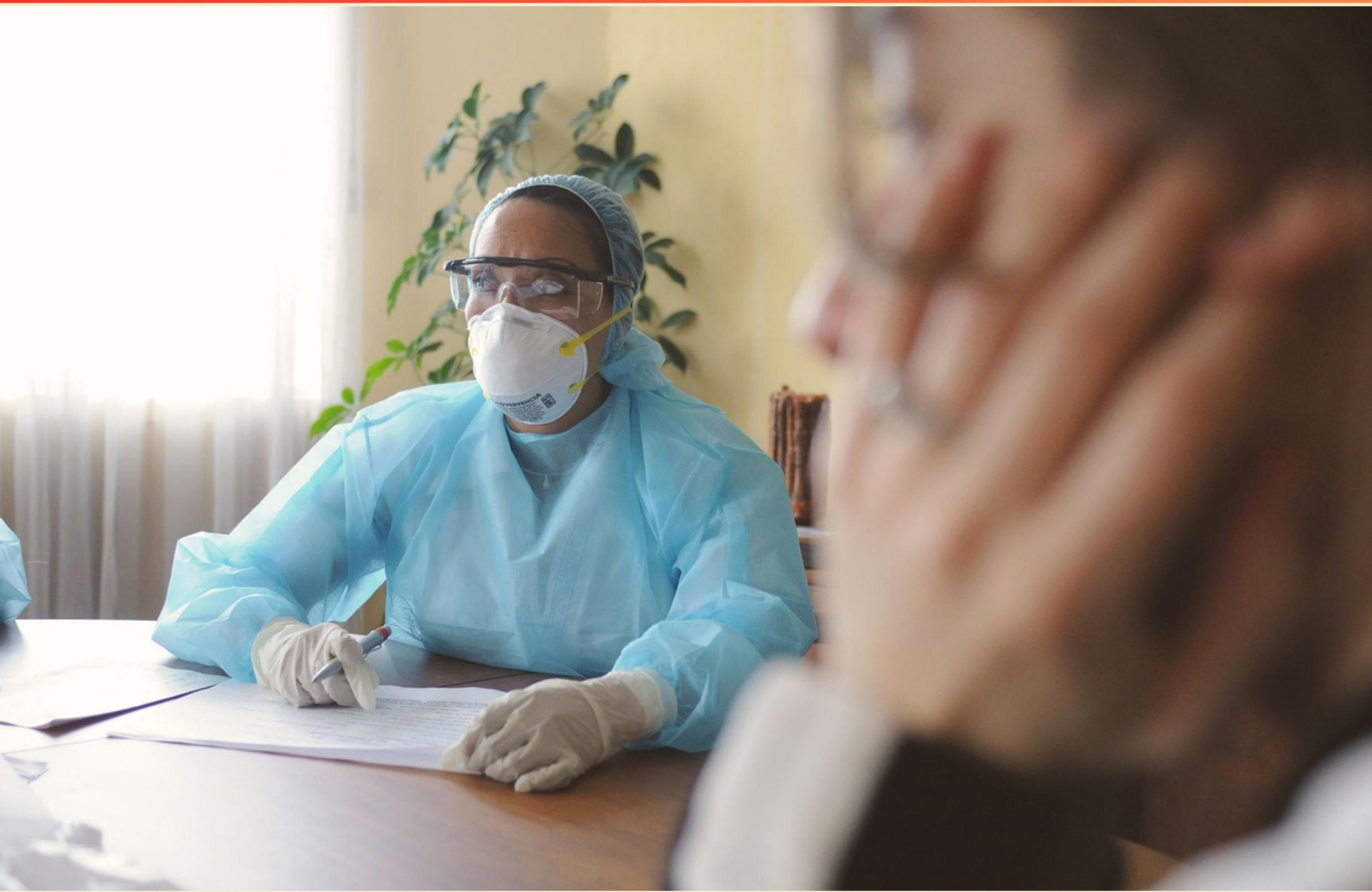


SOFT CONTACT LENSES – LENS SELECTION, PAPERWORK, AND HANDLING PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

[https://
softcontactsselectionpaperworkhandling.examzify.com](https://softcontactsselectionpaperworkhandling.examzify.com)



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

1. 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
2. Virals packs (1, 2, 3, and 4) are a replacement option for which type of lens?
 - A. Specialty soft contact lenses
 - B. Daily disposable lenses
 - C. Weekly disposable lenses
 - D. Biweekly disposable lenses
3. The power of a patient's contact lenses is vertexed back to the corneal plane if greater than +/- ____ D.
 - A. 4.00
 - B. 2.50
 - C. 6.00
 - D. 1.00
4. What is the proper hand hygiene protocol before handling contact lenses?
 - A. Wash with soap and water, rinse thoroughly, dry with lint-free towel; dry hands completely before handling lenses.
 - B. Wipe hands with sanitizer only
 - C. Rinse hands with water only
 - D. Dry hands on a dirty towel
5. What is a common pitfall when recording lens parameters on a prescription?
 - A. Verifying PWR values
 - B. Mixing up sphere/cylinder signs
 - C. Recording base curve and diameter correctly
 - D. Using consistent units

- 6. Lens application: which steps should you perform before inserting a contact lens?**
- A. Directly place lens on eye without inspection
 - B. Ask patient to apply self-titting
 - C. Clean lens with soap
 - D. Adjust headrest, stand lamp, and seat height, wash your hands, dry your hands, place lens on index finger, inspect for defects, deposits, debris, or inversion
- 7. Which of the following is NOT a common cylinder option?**
- A. -0.75
 - B. -0.50
 - C. -1.25
 - D. -1.75
- 8. If there is a decrease in the radius of base curve, the contact lens will be flatter/steeper.**
- A. Flatter
 - B. Steeper
 - C. Unchanged
 - D. Not predictable
- 9. What is the recommended next step after confirming the lens is free of defects and properly oriented?**
- A. Proceed to apply the lens with the eyelid immobilization technique
 - B. Remove and disinfect the lens permanently
 - C. Place the lens back in solution and wait
 - D. Ask the patient to blink rapidly and insert
- 10. How should clinicians address lens wearers with allergies?**
- A. Stop wearing lenses without clinician advice
 - B. Review hygiene, consider preservative-free solutions, use daily disposables, and manage ocular surface inflammation per clinician.
 - C. Switch to decorative lenses
 - D. Ignore allergy symptoms

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. 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.

2. Virals packs (1, 2, 3, and 4) are a replacement option for which type of lens?

- A. Specialty soft contact lenses
- B. Daily disposable lenses
- C. Weekly disposable lenses
- D. Biweekly disposable lenses

Replacement strategies for contact lenses depend on the lens type. Daily disposables are worn for one day and discarded, so there isn't a ongoing replacement pack system. Weekly and biweekly options follow fixed wear schedules but aren't described with special "pack" sets. Virals packs represent a replacement option used with specialty soft contact lenses. These lenses are custom designs for complex needs (such as toric, multifocal, or irregular corneas) and often require a clinician-guided replacement plan with multiple pack options to ensure proper fit, fit verification, and ocular health over time. That structured pack system fits the way specialty soft lenses are managed, whereas standard mainstream lens types are handled with the typical daily/weekly/biweekly or monthly schedules.

3. The power of a patient's contact lenses is vertexed back to the corneal plane if greater than +/- ____ D.

- A. 4.00
- B. 2.50
- C. 6.00
- D. 1.00

The idea being tested is how vertex distance affects the effective power of a lens when you move it from the spectacle plane to the corneal plane. Because the eye sits at a fixed distance from the lens, the refractive power you prescribe for glasses can change once you account for the back vertex distance. When a lens sits farther from the eye, its effective power at the eye changes, and that change becomes noticeable as the prescribed power gets larger. The practical rule of thumb is that once spectacle powers exceed about ± 4.00 diopters, the difference between the spectacle plane and the corneal (or eye) plane becomes clinically significant. At powers greater than this threshold, you should back-vertex the power to estimate what the lens will actually do at the eye (or, in the context of contact lenses, to ensure the power corresponds to the corneal plane). For smaller powers, the difference is small enough that vertexing isn't necessary for practical purposes. In practice, contact lens powers are already specified at the corneal plane, so this vertexing concept is most about understanding how high myopic or hyperopic corrections in spectacles translate to the eye. The threshold of four diopters is the standard cutoff used to decide when vertex adjustment becomes important.

4. What is the proper hand hygiene protocol before handling contact lenses?

- A. Wash with soap and water, rinse thoroughly, dry with lint-free towel; dry hands completely before handling lenses.
- B. Wipe hands with sanitizer only
- C. Rinse hands with water only
- D. Dry hands on a dirty towel

Keeping hands clean before handling contact lenses is essential to prevent transferring bacteria, dirt, or oils to the eye. Washing with soap and water breaks up and remove oils and soils, and rinsing thoroughly washes away any soap residue that could irritate the eye or leave a film on the lens. Drying with a lint-free towel ensures no fibers or lint contaminate the lens, and drying completely helps the lens sit properly and reduces moisture that could affect handling. Relying on sanitizer alone doesn't remove physical debris and may leave a film on the skin; rinsing with water only leaves oils and microbes; and drying hands on a dirty towel can reintroduce contaminants. So the best practice is to wash with soap and water, rinse well, and dry thoroughly with a clean, lint-free towel before touching lenses.

5. What is a common pitfall when recording lens parameters on a prescription?

- A. Verifying PWR values
- B. Mixing up sphere/cylinder signs
- C. Recording base curve and diameter correctly
- D. Using consistent units

When recording lens parameters, the signs attached to sphere and cylinder are easy to mix up, and that carries a big impact. The sphere power is the same in every meridian, while the cylinder adds power only in specific meridians to correct astigmatism. If the cylinder sign is recorded wrongly—swapping a negative for a positive, or vice versa—the overall refractive correction in each meridian changes. That means the patient ends up with the wrong focus in different angles, leading to blur, eyestrain, or uncomfortable vision. This human error often happens when notes are handwritten or when converting between different notation styles, so careful transcription of the sphere and cylinder signs is essential. Check that the sphere value, cylinder value with its sign, and the axis are all recorded consistently, and remember that the cylinder sign direction determines how the astigmatic correction is applied across meridians.

6. Lens application: which steps should you perform before inserting a contact lens?

- A. Directly place lens on eye without inspection
- B. Ask patient to apply self-titting
- C. Clean lens with soap
- D. Adjust headrest, stand lamp, and seat height, wash your hands, dry your hands, place lens on index finger, inspect for defects, deposits, debris, or inversion**

Before inserting a lens, you need a clean, properly set-up, and inspected lens. Start by adjusting the chair, headrest, and lighting so you can work comfortably and see clearly. Wash and dry your hands thoroughly to prevent transferring germs or oils to the lens or eye. Place the lens on your index finger and inspect it closely for any defects, deposits, debris, or inversion (inside-out orientation). This check helps ensure the lens is intact, clean, and correctly oriented, reducing the risk of irritation, discomfort, or eye injury once inserted. Directly placing a lens on the eye without inspection can irritate or injure the eye if there are defects or deposits. Asking the patient to apply the lens themselves isn't appropriate in a clinical handling procedure. Cleaning a lens with soap is not correct; soaps can leave residues and are not designed for contact lenses—use only approved lens-cleaning solutions.

7. Which of the following is NOT a common cylinder option?

- A. -0.75
- B. -0.50**
- C. -1.25
- D. -1.75

Cylinder power for toric contact lenses comes in a set of standard values that manufacturers stock because those amounts cover the majority of corrected astigmatism and fit well within production lines. The common toric lens options you'll see include cylinder powers like around -0.75, -1.25, and -1.75 diopters. These particular values are widely available across brands, making them reliable choices when selecting a lens for most patients with astigmatism. A cylinder correction of -0.50 diopters isn't typically offered in soft toric lenses. It's less commonly requested, and plus, lens manufacturers often don't maintain a separate product line for that exact value. In practice, if a patient has mild astigmatism, clinicians may adjust the sphere power or use a lens with one of the standard cylinder values and refine fit or refraction rather than sourcing a -0.50D lens. That's why -0.50 stands out as not a common cylinder option.

8. If there is a decrease in the radius of base curve, the contact lens will be flatter/steeper.

- A. Flatter
- B. Steeper**
- C. Unchanged
- D. Not predictable

Base curve radius determines how curved the lens' inner surface is. A smaller radius makes the inner surface curve more tightly, which makes the lens fit on the eye in a steeper way. So when the radius of the base curve decreases, the lens becomes steeper. Conversely, a larger radius yields a flatter fit. The other options don't fit because they imply the lens would either be flatter, unchanged, or that the outcome is unpredictable, contradicting the direct relationship between base curve radius and lens curvature.

9. What is the recommended next step after confirming the lens is free of defects and properly oriented?

- A. Proceed to apply the lens with the eyelid immobilization technique**
- B. Remove and disinfect the lens permanently
- C. Place the lens back in solution and wait
- D. Ask the patient to blink rapidly and insert

When a lens has been checked for defects and is oriented correctly, the next step is to apply it to the eye using the eyelid immobilization technique. This approach stabilizes the eyelids during placement, allowing the lens to seat smoothly on the cornea rather than being disturbed by blinking or lid movement. Immobilizing the lids helps minimize air bubbles and edge displacement, ensuring the lens rests correctly and comfortably with proper vision. Other options would delay proper placement or introduce disruption—re-disinfecting or rehandling at this moment isn't needed, waiting after placing the lens doesn't seat it, and asking the patient to blink rapidly isn't a reliable or safe method to achieve correct placement.

10. How should clinicians address lens wearers with allergies?

- A. Stop wearing lenses without clinician advice
- B. Review hygiene, consider preservative-free solutions, use daily disposables, and manage ocular surface inflammation per clinician.**
- C. Switch to decorative lenses
- D. Ignore allergy symptoms

When allergies are present in contact lens wearers, the goal is to reduce allergen exposure and inflammation while keeping lenses safe and comfortable. The best approach combines several practical steps under clinician guidance. First, review hygiene practices—proper hand washing, careful lens handling, and thorough case cleaning—since cleaner lenses mean fewer proteins and allergens on the surface that can trigger symptoms. Second, consider preservative-free solutions because some people react to preservatives in standard lens solutions; using milder, non-preservative options can lessen irritation. Third, using daily disposable lenses minimizes deposits and handling time, which reduces the opportunity for allergens to accumulate and irritate the eye. Finally, manage ocular surface inflammation with the clinician's input, which may involve targeted therapies to control itch, redness, and swelling so lens wear remains tolerable. Other choices don't align as well with a proactive allergy-management plan. Stopping lens wear without medical advice doesn't address the ongoing allergy safely or offer a guided path back to comfortable wear. Decorative lenses can introduce new irritants and don't solve the underlying allergic response. Ignoring allergy symptoms risks progression of irritation and potential damage to the eye.

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://softcontactssselectionpaperworkhandling.examzify.com>

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

SAMPLE