

BAUSCH+LOMB
CONTACTSWE ARE
PIONEERS©2026 Bausch + Lomb.
MTB.0121.USA.26PUBLISHED IN [CONTACT LENS](#)

Astigmatism and Specialty Contact Lenses: Improving Fit, Performance, and Patient Compliance



Mile Brujic, OD, FAAO



Kriti Bhagat, OD, FAAO

✦ This is editorially independent content supported by advertising from Bausch + Lomb

JUL 29, 2026

6 MIN READ

6.1K VIEWS



Like



Save



Cite



Share ▾

Sit down with Drs. Brujic and Bhagat to review how optometrists can use toric and multifocal contact lenses to manage astigmatism.

14:34

For years, patients with [lower levels of astigmatism](#) were often fit with spherical-equivalent contact lenses. That approach still has a



Search



Subscribe



Jobs



Events

ties to correct the patient's actual prescription without sacrificing comfort or convenience.

During a recent discussion, Mile Brujic, OD, FAAO and Kriti Bhagat, OD, FAAO, explored how a clearer explanation of astigmatism, more precise correction, and newer toric lens designs can improve fit, visual performance, and patient satisfaction.

Astigmatism and specialty contact lenses fast facts

- A [toric contact lens contains](#) different powers in different meridians and must remain aligned with the patient's astigmatic axis.
- Patients with **0.75D** of astigmatism will likely experience meaningful visual benefits from toric rather than spherical-equivalent correction.^{1,2}
- Lens rotation can shift the cylinder axis and cause blur or fluctuating vision.
- Daily disposable toric lenses now combine improved materials, wettability, and stabilization.
- Multifocal toric lenses can address astigmatism and presbyopia in the same lens.

Astigmatism requires a more precise fit

The first step in fitting an astigmatic patient is helping the patient understand what is being corrected. Dr. Bhagat compares an eye with equal curvature in every direction to a basketball and an astigmatic eye to a football.

A basketball curves similarly in every direction, while a football is flatter in one direction and steeper in another. Dr. Brujic describes the same idea as having one focusing power from top to bottom and another from side to side. That difference explains why astigmatism requires more than adjusting spherical power alone.

A [toric contact lens](#) places different powers in specific directions, much like fitting a glove precisely rather than choosing an approximate size. Because those powers must remain oriented to the patient's axis, the lens must also stay stable on the eye.



Search



Subscribe



Jobs



Events



Correction with toric lenses for low astigmatism

For many years, clinicians often relied on the spherical equivalent when cylinder power was modest. That approach simplified fitting, particularly when toric parameters were limited or lens rotation produced inconsistent vision.

“Today, improved optics and broader parameter ranges make that compromise less necessary.”

Research supports the value of correcting lower levels of astigmatism. In a randomized crossover trial involving patients with **0.75 to 1.50D** of astigmatism, toric daily disposable lenses improved near visual acuity, digital reading performance, and subjective visual quality compared with spherical-equivalent lenses.¹

A separate trial found that participants could read smaller text on digital devices with toric correction, and **85%** preferred the toric lenses.² Low astigmatism may appear minor on a prescription, but its effects can become more noticeable during sustained reading, computer use, and other visually demanding tasks.

Stability is part of the prescription

One of the most important insights from the discussion is that **cylinder power alone does not determine success**. A spherical lens can rotate without changing its optical effect. A toric lens cannot. Excessive or inconsistent rotation can move the cylinder power away from the intended axis, producing blur or fluctuating vision even when the lens feels comfortable.

That makes stabilization, [material science](#), and surface performance inseparable from the prescription. Dr. Bhagat noted that earlier advances improved oxygen transmission but sometimes required compromises in comfort or stability. Modern designs aim to support oxygen delivery, hydration, [wettability](#), and consistent orientation at the same time.



Search



Subscribe



Jobs



Events

ciency, particularly among participants with greater cylinder.³ These findings reinforce a practical point: The correct prescription can only perform as intended if the lens remains stable on the eye.



More options can improve compliance

One of the most practical changes in toric fitting is the growing number of options available to patients. Daily disposable toric lenses were once treated mainly as a problem-solving modality.

Today, broader parameter ranges and improved designs allow many clinicians to recommend them first. A fresh lens each day also eliminates cleaning and storage requirements, which can simplify the wearing routine and support better compliance.

Options are also expanding for [presbyopic patients with astigmatism](#). These patients need distance correction, near support, and stable cylinder correction in the same lens. In a recent prospective trial of a multifocal toric daily disposable lens, more than **96%** of participants were successfully fit with 2 or fewer pairs of lenses.⁴ In addition, more than **94%** of eyes remained **within 10°** of the intended orientation, and participants achieved functional vision at distance, intermediate, and near.

These patients still need realistic expectations, and refinement may be necessary. However, many do not realize an option exists until the clinician presents it. A clear recommendation can turn a technically available lens into a practical solution the patient is willing and able to wear.

Final thoughts

Toric lenses have not simply become more available; they have become more precise. Perhaps that is the biggest shift in caring for patients with astigmatism. Clinicians can begin by explaining how the eye focuses, then offer a lens designed for the prescription the patient actually has.

“Why leave visual cards on the table, for lack of a better way to describe it?”



Search



Subscribe



Jobs



Events

stable, and more useful vision?” With current toric technology, the answer may be yes more often than clinicians once assumed.

References



About Mile Brujic, OD, FAAO

Mile Brujic, OD, FAAO is a 2002 graduate of the New England College of Optometry. He is a partner of Premier Vision Group, a successful four location optometric practice in Northwest Ohio. He practices full scope optometry with an emphasis on ocular disease management of the anterior segment and specialty contact lenses. He is active at all levels of organized optometry. Dr. Brujic is on the editorial board for a number of optometric...

[More by Mile Brujic, OD, FAAO](#)

About Kriti Bhagat, OD, FAAO

Kriti Bhagat, OD, FAAO is the owner and founder of Eyediology Vision. She received her Doctorate of Optometry from the Pennsylvania College of Optometry at Salus University. During her training, she received in-depth training in specialty contact lenses and the treatment and management of ocular diseases such as keratoconus, macular degeneration, and glaucoma.

After graduation, Dr. Bhagat completed a corneal disease and contact lens...

[More by Kriti Bhagat, OD, FAAO](#)



Like



Save



Cite



Share ▾

OPTOMETRY
INDUSTRY

CLINICAL
GUIDES



Search



Subscribe



Jobs



Events

December 15,
2025

2025 Contact Lens Report

Extended Parameters in Practice: My Workflow for Expanding Contact Lens Access

PRACTICE METRICS & ANALYTICS

September 21,
2026

The High- Performance Contact Lens Workflow: Save 10+ Minutes Per Patient

OPTOMETRY STUDENTS

September 14,
2026

The EyesUp: Contact Lens Edition



San Diego, CA
+1 858-246-7066

Read our reviews on [Google](#)

Hiring Services

[Search for Jobs](#)
[Hiring Services for Employers](#)
[Post an Eyecare Job](#)
[Eyecare Recruiting](#)
[Pricing](#)
[Job Sitemap](#)

Learn More

[About Us](#)
[Contact Us](#)



Search



Subscribe



Jobs



Events

Clinical Articles

Ocular Surface
Contact Lens
Glaucoma
Retina
Neuro
Low Vision

Career Articles

Personal Finance
Practice Management
Optometry Students
New Graduate
Residency
Salary & Benefits

Join The Team

Careers
Editorial Board
Become a Writer

Events

Event Schedule

Advertising, Media Kit, & Partnerships

Eyes On Eyecare is currently distributing our 2026 media kit and Eyes On event prospectuses. Contact us to learn more about available opportunities - spaces are limited.

[Media Kit](#)[Event Prospectus](#)**We're Hiring!**

Do you work in the eyecare industry? Check out our open positions!

[Open Positions](#)

Eyes On Eyecare:  

Optometry:   

Ophthalmology:   

Glance: 

© 2026 Eyes On Eyecare®. All rights reserved.

[Privacy Policy](#) [Terms of Service](#)

[Search](#)[Subscribe](#)[Jobs](#)[Events](#)