

SurgiTel[®]

Vision & Ergonomics at Work

Thank you for purchasing SurgiTel loupes, the lightest ergonomic loupes on the market. You have made the right decision for the longevity of your career. Your back and neck will be very thankful!

To manufacture your very own pair of customised loupes, we will first need to obtain a few measurements. We can obtain accurate measurements with our digital measurement platform via a few photographs. You can send them to dentalise.anz@gmail.com.

1. Frontal without glasses



This will provide us information regarding your general facial features and help us customise your loupes accordingly e.g. choosing the optimum nose pad to ensure your loupes rests comfortably with the weight distributed evenly across your nose bridge.

2. Profile in neutral position (looking to the horizon).

3. Profile in working posture (with minimum neck tilt).

Please take the photos with a reference line in the background e.g. window/door frame. (See photos below)



These photos, with our digital measurement platform will help us analysis a suitable declination angle that allows for minimum neck tilt while working, hence lesser strain of the neck/back muscles.

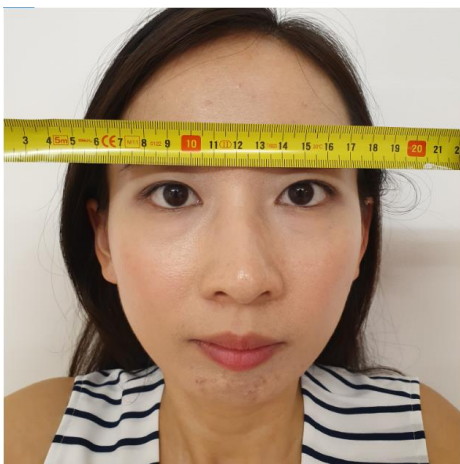
This can be also done in a clinical setting with a patient in the chair.

4. Frontal with ruler (Near)

- Hold a ruler/measuring tape above your eyes, resting on the forehead, parallel to your eyes.
- Have an assistant stand in front of you with a camera approximately 35cm away.
- With flash turned on.
- Take the photo with your **eyes focusing at the camera.**
- Please rename the photo as Near.

5. Frontal with ruler (Far)

- Hold a ruler/measuring tape above your eyes, resting on the forehead, parallel to your eyes.
- Have an assistant stand in front of you with a camera approximately 35cm away.
- With flash turned on.
- Take the photo with your **eyes focusing at an object in the distance.**
- Please rename the photo as Far.



These photos, with our digital measurement platform will help us measure and double check your pupillary distance.

6. Back of head with ruler

- Hold a ruler/measuring tape pressed behind your head, just above the ears. *Make sure the markings on the ruler are not covered by hair. If you have long hair, please also tie it up tightly.*
- Have an assistant stand behind you and take a photo.



This will help us pick out a correctly sized frame for you.

7. Working distance measurement. Please provide us with the numerical value.

- Dental chair height set up so that your hands, reaching in the mouth, are not higher than your elbows; knees able to fit under the chair.
- Sit on your stool at a height where your hip joints are slightly higher than your knees.
- To avoid neck bending, first pivot your torso slightly forward at the hip joints without trying to look into the mouth.
- Then, look down with your eyes and let your head rotate downward slightly at the top of your spine (the axis of head rotation is an imaginary rod through the ears) at the atlanto-occipital joint.

*** There is only a 10 degree freedom of downward head rotation at this joint. Any more neck bending involves distorting the discs of the cervical spine below C1. The intervertebral joints below C1 are not designed for prolonged bending.

Credit to Dr Aniko Ball from Optimum Dental Posture for providing us with the guidelines.

Please provide us with a numerical value from the bridge of the nose to the working field and also a photograph for us to double check your posture and the measurement. Please ensure the measurement on the ruler is clearly visible.



Summary:

Photos required

- 1) Frontal without glasses
- 2) Profile reference line looking into horizon
- 3) Profile reference line with working posture
- 4) Frontal with ruler (near)
- 5) Frontal with ruler (far)
- 6) Back of head with ruler
- 7) Working distance with ruler

And numerical value of working distance measurement.

Please do not hesitate to contact us if you have any further queries.

Thank you.

DENTALISE
CARING FOR OUR HEALTHCARE PROFESSIONALS

Email: SurgiTel@dentalise.com.au