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A Guide To Using Ortho-k Lenses

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DAYBELL & CHOO

CONTACT LENS PRACTITIONERS & OPTOMETRISTS

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Thank you for purchasing your contact lenses from Daybell & Choo Optometrists

Welcome to Daybell & Choo Optometrists and the world of visual freedom!
We are delighted you have chosen us to begin your Ortho-K journey with us.

We hope you are as excited as we are about the journey ahead and want you to know we are 100% dedicated to caring for you and your eyes. We're here to guide and support you every step of the way.

This booklet has been designed to help you enjoy your contact lenses by reinforcing the messages you received at your initial application and removal session in practice. It also aims to answer some of the important questions about Ortho-K that we are frequently asked. Should this booklet not answer your question, please do not hesitate to contact a member of our team.

Whether you are wearing Ortho-K for myopia management, dry eyes or simply to be free from spectacles or conventional contact lenses, to be a successful Ortho-K wearer and to achieve the best possible level of unaided vision, it is important you read all of the advice in this booklet and pay particular attention to the specific advice given to you by your contact lens practitioner. It is also important that you attend all your eye exams and contact lens aftercare appointments, even if you are having no problems. Failure to do so could result in problems with your treatment and a delay to the supply of your lenses.

Now sit back, relax, and enjoy the ride!

benefits fits of ortho o-k



Benefits of Ortho-K

One of the many benefits of night-time Ortho-K lenses is that they can be worn all night from the day that they are fitted. Unlike conventional lenses there is no 'wearing-in' period and the effects on your vision are immediate. By the end of the first week, depending on your starting prescription, you should be experiencing clear vision all day long.

Over the first few days of beginning Ortho-K wear your vision is likely to 'wear off' sooner, leaving your vision blurred towards the end of the day. Your existing spectacles or contact lenses will be too strong to correct this blurring so your contact lens practitioner may provide you with some soft daily contact lenses to get through this short period.

You may initially find the lenses uncomfortable when your eyes are open. This will quickly pass, especially when you close your eyes.

In order for you to experience and maintain the full visual benefit of Ortho-K, you must wear the lenses every night. Your contact lens practitioner will advise you on how many hours each night you should wear your lenses.

Everyone responds differently to Ortho-K and the effect can vary between each eye. It is therefore normal to find that your vision with each eye is different over the first week or two. This can also be the case for experienced wearers if they have not slept well or there has been an issue with the lens centration in one eye. This will quickly rectify itself, usually after the next night or two. Speak to your contact lens practitioner if the problem persists or you are not satisfied with your level of vision.

You may also experience some glare from lights, particularly at night, which is more common in the early stages of treatment. This is normal and should not be a problem; however, you should always ensure that you are comfortable and confident with your vision before driving or operating heavy machinery. Inserting your Ortho-K lenses should counteract any problems relating to glare.

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Here are a few things to remember that will soon become second nature to you... trust us! It's mostly a matter of routine and a bit of hand-eye coordination.

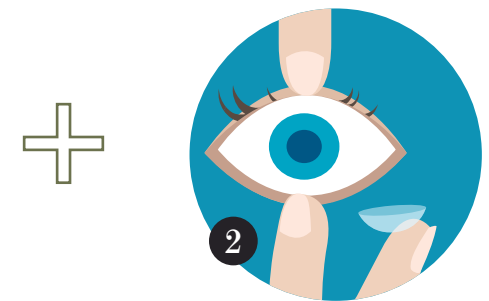
If you experience any difficulty with any part of this process, please don't hesitate to contact your contact lens practitioner.

Applying your lenses

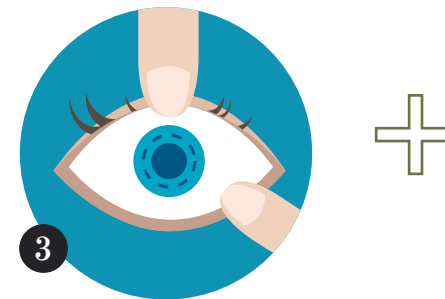
- + Wash your hands with anti-bacterial soap and dry thoroughly before handling your contact lenses.
- + Remember, this should be the last thing you do before going to sleep.



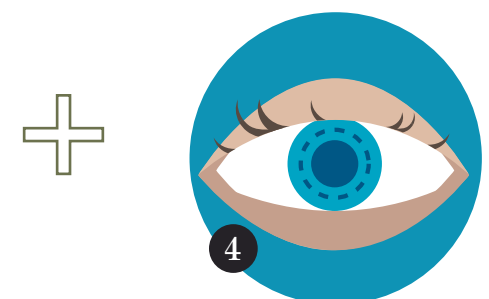
Place the lens on the index finger of your dominant hand. Check for damage to the lens.



Place the lens on the index finger of your dominant hand, lift the top eye lid with the middle finger of your other hand. Lower the bottom lid with the middle finger of your dominant hand.



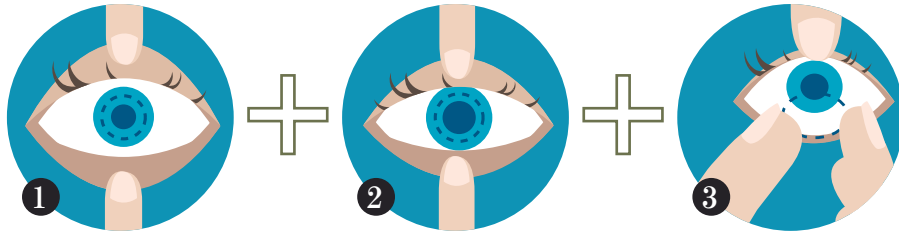
Place the lens directly onto the centre of the eye, whilst maintaining control of your lids.



Slowly release the lids and blink gently.

Removing your lenses - Option 1

- + Wash your hands with anti-bacterial soap and dry thoroughly before handling your contact lenses.



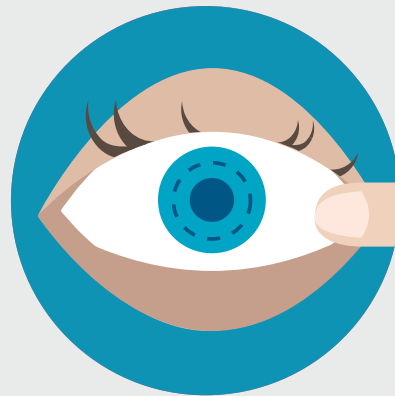
1 Place your fingers at the 12 and 6 o'clock positions, as close to the lid margins as possible.

2 Whilst looking straight ahead at yourself in the mirror, push the lids in towards the globe, then together. The lid margins should touch the lens at the same 12 and 6 o'clock position.

3 Continue to apply pressure until the lens 'pops' off the eye, being careful to catch the lens (or let it land on a clean surface).

Removing your lenses - Option 2

- + Wash and dry your hands thoroughly.
- + With head-down posture, look directly at yourself in a mirror on the tabletop.
- + With a wide eye, place your finger on the outside corner of the eye. Pull the finger out towards your ear, blinking at the same time. The lid tension should 'pop' the lens out.



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Caring For Your Lenses: Multipurpose Solution

Method

- + Wash your hands with anti-bacterial soap then dry thoroughly before handling your contact lenses.
- + Fill your contact lens case to the line with fresh solution.
- + Remove the contact lens from your right eye and place in the palm of your opposite hand.
- + Apply several drops of the solution to the contact lens then rub the lens with your dominant index finger in a circular motion for 15-20 seconds on each side.
- + Rinse the contact lens with fresh solution.
- + Place the lens in the side of the contact lens case with the lid marked R (for barrel cases, place the cleaned contact lens on the 'domed' part of the central holder of the barrel case).
- + Repeat for the left eye.
- + Ensure the case lids are secured tightly and leave the lenses overnight, or for a minimum of 4 hours. If contact lenses are left in storage for more than two days, you need to repeat the disinfection process before use.

Remember:

- + Wash your hands with anti-bacterial soap then dry thoroughly before handling your contact lenses.
- + Insert your contact lenses directly from the solution.
- + Empty the case of all solution and rinse with fresh solution. Wipe the case with a clean tissue then place the case and the case lid upside down on a clean tissue and allow them to dry.
- + Discard any remaining solution from an opened bottle after three months. Writing the date the bottle was opened on the bottle itself helps you to keep track of this.
- + Change your contact lens case every 4-6 weeks or as instructed to do so by your contact lens practitioner.
- + Do not use any solution that has passed its expiry date.



Caring For Your Lenses: Peroxide Solution

Method

- + Wash your hands with anti-bacterial soap then dry thoroughly before handling your contact lenses.
- + Remove the contact lens from your right eye.
- + Open the basket of your barrel case marked 'R'. Place the contact lens on the domed part of the central holder of the barrel case and close, ensuring not to catch the edge of the lens.
- + Repeat for the left lens.
- + Fill the barrel case to the indicator line with your peroxide solution.
- + Depending on which peroxide solution you have been supplied with, the case will either have a black disc at the bottom of the case or you will be required to drop a small tablet into the solution. Both of these methods neutralise the peroxide solution.
- + Place the central holder into the barrel and close securely. Leave over night, or as per the manufacturer's guidelines, ensuring the case is kept upright.

Remember:

- + Wash your hands with anti-bacterial soap then dry thoroughly before handling your contact lenses.
- + Insert your lenses directly from the solution which has now been neutralised and safe to apply to the eye. Do not rinse your contact lenses with peroxide solution and never apply peroxide solution directly to the eye from the bottle.
- + Empty the case of all solution and allow to air dry.
- + The solution must be changed in the case every day whether the lenses have been worn or not.
- + You should change your case every month or as instructed to do so by your contact lens practitioner.

Precautions: * Do not apply Hydrogen Peroxide solution directly to your eyes * Use only the special lens case provided when using peroxide solution. * Do not wear lenses that have been soaking in peroxide for less than the length of time suggested by the manufacturer. * If unneutralised peroxide solution gets into your eyes, immediately remove your lenses and flush your eyes with either saline or running water and seek advice from your optician * Do not rinse lenses in peroxide solution before inserting in eyes.

Caring For Your Lenses: Multipurpose Solution

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- ✔ Wear every night or as instructed to do so by your contact lens practitioner.
- ✔ Always wash and dry your hands thoroughly before inserting, removing or handling your lenses.
- ✔ Be sure to follow the recommended procedure for cleaning and disinfecting your lenses.
- ✔ Remove lenses in the event of persistent irritation and contact your contact lens practitioner immediately.
- ✔ Only use solutions advised by your contact lens practitioner.
- ✔ Attend eye exam appointments as instructed to do so by your optometrist.
- ✔ Attend aftercare appointments as instructed to do so by your contact lens practitioner.
- ✔ Always follow instructions given to you by your optometrist or contact lens practitioner.
- ✔ If ever in doubt, check with your contact lens practitioner.
- ✔ Keep out of the reach of children.
- ✔ Check lenses for damage before insertion.
- ✔ Change your lenses at the intervals specified by your contact lens practitioner.

- ✘ Drive or operate heavy machinery if you are not entirely happy with your vision.
- ✘ Use tap water, or any other water, on your lenses or lens case.
- ✘ Wear your lenses if you think you may have an eye injury/infection/damaged lens.
- ✘ Ever lick or put your lenses in your mouth.
- ✘ Top-up yesterday's solution.
- ✘ Share your lenses with anyone else.
- ✘ Apply drops or eye medication without first consulting your contact lens practitioner, doctor or pharmacist.
- ✘ Touch the bottle tip to any surface or your eye which could cause contamination to the eye or solution.

frequently asked questions

+ General Advice

Infection

- + Should you ever suspect you have an eye infection:
 - Cease contact lens wear immediately.
 - Contact your contact lens practitioner immediately for further advice.
- + Should you ever have a painful red eye with aversion to bright lights and a reduction in vision, cease wearing contact lenses immediately and go straight to your local eye hospital or A&E department.

Ask yourself these 3 questions, each time you wear your contact lenses:

- + Do my eyes feel good?
- + Do my eyes look good?
- + Do I see well?

If the answer to any of these three questions is NO, cease contact lens wear immediately and consult your contact lens practitioner, who will advise you what your next steps should be.

Further Advice

- + Please note your contact lens practitioner may suggest a different two-part cleaning system. Details will be discussed at your appointment.



FAQs

What happens if I continue to wear my lenses after my contact lens practitioner has recommended I change them?

It is important to replace your lenses as advised by your contact lens practitioner. Even over just a short period of time, microscopic deposits and bacteria are formed on the lens surface, which means they become less comfortable and carry a higher risk of infection. For Ortho-K wearers this may lead to blurred vision. New lenses every six months ensure optimal treatment.

Do I need to clean my contact lens case?

Yes! An often-overlooked aspect of contact lens care is keeping the lens storage case clean and safe. Lens cases can quickly become contaminated with micro-organisms and consequently be a source of bacterial growth, increasing the risk of infection. Therefore, it is important to leave the storage case open when you have emptied it, so it can air-dry after each use. Contact lens cases should be changed every 4 to 6 weeks or as instructed to do so by your contact lens practitioner.

What is my Ortho-K suitability score?

This is a contact lens practitioner's way of seeing how suitable you are for Ortho-K to ensure your visual outcome matches your needs and expectations. It is based on a number of factors including your initial prescription and the shape of the front of your eyes. The score ranges from 0-8 where 0 is perfect and 8 is a poor visual prognosis.

My Ortho-K suitability score is

.....

Orthokeratology Agreement & Informed Consent

I am fully aware that this visual treatment involves me wearing specially designed gas-permeable contact lenses overnight which will reshape my corneas resulting in the achievement of good unaided distance vision during my waking hours. I understand that the quality of my unaided vision and how my corneas respond to the treatment (which is not always predictable) is dependent on wearing these lenses as prescribed by

I understand that the effect Ortho-K has on my vision is temporary and if I do not wish to continue with this treatment, the effect will be fully reversed within two weeks of discontinuing lens wear. I also understand that it may occasionally be necessary to wear my retainer lenses during waking hours to maintain satisfactory distance vision, especially during the initial adaptation period or if I fail to wear these lenses as advised by

I confirm that I have fully understood both the verbal and written information given to me regarding Ortho-K and that all of the questions I had have been satisfactorily answered by

BENEFITS: Ortho-K is designed to provide an improvement in unaided vision without the need to wear contact lenses during the day. Ortho-K lenses are suitable for overnight wear because the material they are made from allows a very high level of oxygen to reach the eye. The change in unaided vision produced by the Ortho-K process is temporary and completely reversible.

RISKS: The risks associated with Ortho-K are no greater than other forms of contact lens wear. However, all contact lens wear slightly increases the risk of infection of the cornea which can result in the loss of best corrected vision. The risks are generally lower in RGP lens wear than soft lens wear and early treatment will usually prevent any loss of vision.

Upon removal of Ortho-K lenses you may occasionally find that your vision appears distorted and cannot be further corrected with spectacles. However, this will be short-lived and, in most cases, will settle down within a day or two. If you develop any unusual symptoms or prolonged discomfort whilst wearing the lenses, removing them should, in most cases, provide immediate relief. In addition, you should contact your eye care practitioner immediately.

ALTERNATIVES: Current alternatives to Ortho-K lenses are spectacles or other types of contact lens wear. These include daily and continuous wear soft and gas permeable lenses.

DATA TRANSFER: It may be necessary to transmit data regarding your eyes and prescription via the internet when we order Ortho-K for you and we cannot guarantee that the connection used will be secure. At no time will personal information such as your address or telephone number need to be transmitted via an internet connection.

I have read and understood all of the above information regarding Ortho-K and agree to proceed with the fitting of Ortho-K lenses. Although it is impossible for to inform me of every possible complication, all my questions have been answered to my satisfaction and I am assured that I will be advised of any new risks should any ever be determined. Additionally, any further inquiries I may have about this treatment or wearing this type of lens will be addressed as and when I present them. Should any complications occur, I agree to stop wearing the lenses immediately and to contact on daytime or after hours.

Name.....

Date.....

Signature.....

Customer Acknowledgement Form

Your Copy

Please sign the form below; this copy is for your own records. A scanned copy will be kept on your record in practice. Please read the acknowledgement form carefully before signing it. Should you have any questions or require further information, please do not hesitate to ask a member of the team or your contact lens practitioner.

- + I have been given a full explanation of the various types of contact lenses suitable for me and the benefits and risks of each type.
- + I have been informed of my Ortho-K suitability score and understand how this may impact on my visual outcome.
- + I have read and understood the Ortho-K disclaimer included in this booklet.
- + I am aware that wearing contact lenses could possibly put me at risk of eye infections and associated complicated infections.
- + I have received full instructions (demonstrative, verbal and written) on how to insert, remove and care for my contact lenses.
- + I am aware and understand the instructions for cleaning and caring for my contact lenses, which have been demonstrated to me and acknowledge that adherence to these instructions, will reduce the risk of possible infections and associated complications.
- + I am able to recognise the correct solution prescribed by the lid colour, name and general bottle appearance.
- + I have received and understand the wearing schedule for my contact lenses.
- + I am aware of what I should do in the event I have any problems with my contact lenses both during and outside of normal working hours.
- + I understand the importance and benefit of attending regular contact lens aftercare appointments. Should I not attend these appointments I am aware that my new contact lenses cannot be supplied until I have had a contact lens aftercare.
- + I understand the importance and benefit of attending regular eye examinations. Should I not attend these appointments I am aware that my new contact lenses cannot be supplied until I have had an eye examination.
- + If my contact lenses are uncomfortable for any reason, I should cease wear immediately and return to see my contact lens practitioner.
- + I am aware that it is possible for contact lenses to break or become damaged through wear and care.
- + I am aware that my lenses must be replaced of as recommended by the manufacturer and my contact lens practitioner.
- + I am aware of the risks associated with water coming into contact with my contact lenses and/or contact lens case.

Name _____

Date _____

Signature _____

Customer reference number _____

Want to protect their future vision?



HELPING YOUNG EYES HAVE A BRIGHTER FUTURE

Take steps to reduce the progression of your child's short-sightedness with myopia management

Ask a member of the team about myopia management

contact⁺

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