

## ORTHO-KERATOLOGY TREATMENT INFORMATION AND CONSENT FORM

### INITIAL TREATMENT COSTS:

- Ortho-K treatment – two eyes \$1600-\$1800 (depending on if astigmatism correction is needed)
- Ortho-K treatment – one eye \$1150-\$1250 (depending on if astigmatism correction is needed)
- An \$800 deposit is required before your Ortho-K treatment lenses can be designed and ordered. The remaining balance is required to be paid at the time your Ortho-K lenses are fitted and delivered.

### Ortho-K Package Includes:

- Your customized Ortho-K treatment contact lens/es.
- An Ortho-K starter pack of cleaning solutions
- All appointments for the first 6 months from the treatment start date.
- Replacement Ortho-K treatment contact lenses if alterations to the lens are required to achieve treatment goals.

### Does not include:

- Further supply of cleaning products beyond your Ortho-K starter pack.
- Lost or damaged Ortho-K contact lenses, during or after the 6-month initial treatment period.
- Replacement Ortho-K contact lenses beyond the 6-month initial treatment period.

### RECOMMENDED TREATMENT SCHEDULE:

- Visit 1: Initial comprehensive eye examination (not included in Ortho-K package price). Ortho-K assessment & lens design. Lenses usually take 2-3 weeks to arrive after ordering.
- Visit 2: Delivery of your custom-made Ortho-K treatment contact lens/es & teaching session (one hour) on how to use the lenses & take care of your eyes.
- Visit 3: 1-week follow-up appointment (30-45minutes duration).
- Visit 4: 1-month follow-up appointment (30-45minutes duration).
- Visit 5: 3-month follow-up appointment (30-45minutes duration).
- Note: extra appointments beyond those outlined above may be required to ensure optimal lens performance. The appointments detailed above are a minimum of what to expect in terms of time commitment.

Please bring your Ortho-K lenses with you to all your appointments.

If you have been unable to sleep in your lenses the night prior to your routine review appointment for any reason, please reschedule your appointment. This does not apply if you are attending for a sore/red eye appointment.

### TREATMENT SATISFACTION GUARANTEE:

Like all medical treatments, individual results can vary. If, within 6 months of commencing treatment, you are not satisfied with the results, or if you are required to stop this treatment due to undesirable ocular responses, Options Eyecare will provide a credit of \$500 to be used towards another treatment/vision correction option at Options Eyecare. You would need to return all the ortho-k lenses prescribed, as using these lenses without proper instructions and monitoring may lead to complications.

This satisfaction guarantee is strictly only valid for 6 months from the date of delivery of your initial treatment of Ortho-K lenses. Please carefully consider any restrictions (i.e. travel, planned surgeries, school exams, etc.) that may affect your ability to commit to a 6 month initial treatment period.

**TREATMENT LIMITATIONS:**

- Out of range prescriptions - the optometrist will advise if your prescription is suitable.
- Resistant corneas – some eyes do not respond optimally to the treatment, and particular factors are not able to be determined or predicted prior to beginning treatment. See ‘Guarantee’ for your options in this instance.
- Insufficient sleep/treatment time - you will need a minimum of 6 hours of closed-eye time for the Ortho-K treatment each night
- Ortho-K is not a permanent vision correction treatment. It’s advantage is that it is 100% reversible. But this also means if you stop the treatment, your vision will return to its pre-treatment state.

**TREATMENT EXPECTATIONS:**

- Your vision will take several days to become clear without the addition of daytime contact lenses or glasses.
- Your vision will be best immediately after removing the Ortho-K lenses and may regress over the day. This regression lessens with time.
- Your eyes may feel uncomfortable with the lenses inserted
- Your eyes may feel uncomfortable initially after the Ortho-K lenses are removed
- You may experience visual haloes or streakiness around lights at night. This will improve over time.
- A pair of Ortho-K lenses will last, on average, 12-18 months before requiring replacement.
- Regular 6-12 monthly eye examinations are necessary to ensure the health of your eyes and that your Ortho-K lenses are still performing optimally. It is important that you come for these regular check-ups even if you do not have any complaints.

**POTENTIAL RISKS & COMPLICATIONS:**

As with any medical treatment, there are possible problems that may arise. By closely following your optometrist’s advice, you will limit the likelihood of risks and complications.

- Infection: If your Ortho-K lenses are not cleaned and stored as instructed, a corneal infection may occur. This can be serious, and so prompt (same day) attention with your optometrist should be sought for any sore or red eye once the Ortho-K lens has been removed. Antibiotic eyedrops and temporarily ceasing treatment will be necessary. Temporarily ceasing lens wear if you are unwell with a cold/flu is advisable to help reduce risk of eye infections.
- Corneal abrasions: This is a more common occurrence and will leave the eye feeling quite sore. These typically recover quickly, but may require antibiotic cover. Prompt (same day) attention should be sought for any sore or red eye once the Ortho-K lens has been removed.
- Dry Eyes: Some people do not produce sufficient tears which may complicate the treatment with Ortho-K lenses. Your optometrist will advise you prior to starting the program if your chances of success or the health of your eyes is likely to be compromised.
- In the case of using Ortho-K treatment to slow down myopia (short-sightedness) progression, it is not guaranteed that Ortho-K will stop progression completely.
  - Research suggests that the success rate is variable; between 30-100% slowing of the rate of progression is to be expected.

**ON-GOING TREATMENT COSTS:**

## Consultations:

- Subsequent after-care consultations (after initial 6 months) \$75.00
- Annual Ortho-K examination \$150

## Products &amp; services:

- Replacement cost per lens \$450-\$550 (depending on if astigmatism correction is required)
- Ortho-K cleaning solutions, saline, lubricating drops, replacement lens suckers

**INFORMED CONSENT:****Patient (or parent/guardian):**

In signing this informed consent, I have read and understood the requirements of the visit schedule and will attend all appointments, make all necessary payments in a timely fashion and will listen intently to my optometrist to minimise the risk to my eyes and enhance the likelihood of success with my Ortho-Keratology treatment

Name:

Signature:

Date:

**Ortho-K Optometrist:**

In signing this informed consent as the optometrist I confirm that I have gathered the correct measurements and have fully discussed the treatment plan, expectations, limitations, risks and alternative options with my patient. I am also available to them if they have any concerns for their treatment or for the health of their eyes.

Name:

Signature:

Date: