

## ORTHO-K: CARING FOR YOUR LENSES

Your custom-designed Ortho-K contact lenses reshape the front surface of the eye while you sleep. Ortho-K uses the forces of the eyelid and tear fluid beneath the lens to reshape the top layers of the cornea. Ortho-K does not permanently change the shape of the eye. Your eyes' shape will revert back to their original state within one to four weeks if you stop wearing the lenses

### **Night one**

Insert your contact lenses at least 20 minutes before sleep. You must remain in an upright position with eyes straight ahead (no reading or looking down, as this will influence how the lenses sit on your eyes) for 10-15 minutes to ensure your lenses settle correctly on your eyes.

### **Day one**

Remove your lenses upon waking. You can expect a significant improvement to your vision after just the first day, but optimal vision correction will take about one week. With high myopia (short-sightedness) or astigmatism the process can take two to four weeks to achieve full correction.

### **Week one and beyond**

You will continue wearing your Ortho-k lenses every night (remaining upright for 10-15 minutes is not as crucial after day one) and removing them when you awake. Your optometrist will review your progress at one week, one month, three months, six months, and then every six months. Additional appointments can be made at any time should you have any concerns, red/sore eyes etc.

Your Ortho-k lenses will feel uncomfortable at first, but your eyes quickly get used to them. You will be wearing your lenses mostly while you are asleep, and many people find that they can hardly feel their lenses when they have their eyes closed.

Your Ortho-K lenses are made of a strong polymer which resists damage in normal wearing circumstances; however, it is still important to handle them carefully. Habits that may cause a lens to break, include:

- Pressure on the lens. If the lens lands on a mirror or flat surface, gently slide it off to the edge of the surface or use a suction cup to remove it from the surface.
- Removing a lens too firmly from the suction tool. Break the suction, and slide the lens off the suction point instead.
- Forcing the lens to bend while cleaning. If you are pressing down on both sides of a rigid lens, this will cause it to flex and eventually snap if too much force is applied. Be careful when placing lenses into their holders in your contact lens case - you can crack/chip your lens with too much force/improper placement.

## COMFORT AND SAFETY

Similar to disposable soft contact lenses, the main adverse events associated with Ortho-K corneal reshaping therapy are corneal abrasions, or an infection of the cornea (microbial keratitis). With proper care and maintenance, the risk of inflammation and bacterial infections due to poor hygiene can be minimised. Temporarily ceasing lens wear if you are unwell with a cold/flu is advisable to help reduce risk of eye infections.

If on insertion you experience stinging, burning or pain, remove the lens, rinse and re-insert. If problems persist, remove the lens and see your optometrist promptly.

### Normal occurrences

- Foreign body sensation and slight discomfort whilst wearing lenses.
- Mild burning, stinging and watering which resolves once the lens is removed, rinsed with saline and re-inserted.

### Abnormal symptoms

- Redness, discharge, pain, light sensitivity, burning, stinging, and excessive watering of the eyes which doesn't resolve after lenses are removed.
- Feeling like the lens is stuck to the eye and having difficulty removing.
- When abnormal symptoms occur, contact your eye care provider immediately.

### Things to remember

- Do not modify the recommended cleaning routine or solutions without consulting your optometrist. Other solutions may not be compatible with your eyes and lenses and may cause discomfort or allergic reactions.
- Shortcuts with cleaning solutions may appear to save money but can result in ineffective lens cleaning and disinfection. Incorrect cleaning solutions may damage your lenses or lead to an eye infection which can result in vision loss.
- Never clean or store your rigid lens with soft contact lens solutions. These products work in a different way to the rigid lens solutions and will not clean and condition your rigid lenses as effectively.
- If you do not wear your lenses for two or more nights in a row, empty out and replace the lens solution in your case regularly to ensure the lenses stay clean and are not affected by microbial contamination.
- Replace your lens case every time you start a new bottle of lens cleaner to avoid microbial contamination and loss of effectivity. This is particularly important if you use AOSept Hydrogen peroxide cleaning solution, as the neutralising platinum disc wears out over time.
- To avoid contamination do not touch the tips of solution bottles. Replace caps after use.
- If your eyes are very painful after hours, consult your local hospital or emergency eye clinic.
- If you notice scratches, chips or misplace a lens, contact your optometrist for a replacement.
- Remember your eye must;
  - Look good (no red eyes)
  - Feel good (no pain, discomfort or light sensitivity)
  - See good (no persistent blurry vision)

**If in doubt, take them out and call your optometrist**

## ORTHO-K: CARING FOR YOUR LENSES

### Cleaning Solution



### Everyday storage case



### LensPlus Saline



### Lens suction tool



### Lubricating Drops



### Progent protein remover



### Progent protein removal case



### Handy tips

- **Never rinse or store your contact lenses in tap water.**
- Always lean over a bench/kidney bowl when inserting/removing your Ortho-k lenses, to ensure you do not drop, lose or damage your lens.
- Do not wear your Ortho-k lenses in the shower. Insert/remove your contact lenses after/before showering or washing your face.
- Try to always insert and remove your lenses in the same order, to avoid mixing them up. If you do mix your lenses up, remember that your right lens is tinted green, and your left lens is tinted blue or violet
- Use fresh contact lens solution each time you take out your lenses. Do not re-use or top-up contact lens solution in the lens storage case as this significantly increases your risk of contracting an eye infection.
- Inserting 1 drop of Hylo-Forte into each eye prior to inserting/removing your contact lenses can make them feel more comfortable and make the process easier.

**Before INSERTING Ortho-K lenses at night:**

1. Lens insertion is best done leaning over a clean towel placed on a bench/table, using a tiltable shaving/vanity mirror on a stand. Cover/plug any nearby sink drains in advance as a precaution.
2. Wash your hands thoroughly with soap and water. Rinse thoroughly and shake your hands as dry as possible, or dry with a clean lint-free towel.
3. Remove the lens from the case, and rinse each lens with LensPlus saline.
4. Place 1-2 drops of Hylo-Forte in the back of the lens. To insert the right lens, balance the lens on the index finger of your left hand, and hold your eyelids wide apart with the thumb and index finger of your right hand. Bring your face down so it is parallel to the bench, with the mirror positioned flat horizontally. Slowly bring the lens up towards your eye, and insert the lens straight onto your cornea. Stand up and look straight ahead for a few seconds before releasing hold of your eyelids. If you need to adjust the position of your lens, gently push the lens using your eyelid. Repeat for the left eye, balancing the lens on your right index finger and holding the eyelids with the left hand.
5. If you drop your lens, clean it using Menicare Plus, then rinse with LensPlus saline. Do not rinse with Hydrogen Peroxide. If you use a hydrogen peroxide cleaner, rinse your lens well with saline before reinserting your lens into your eye.
6. Discard the solution from your storage case. Wipe your storage case and lids dry with a clean tissue, and leave your storage case (with the lids off) to air dry in a hygienic location.

**Before REMOVING Ortho-K lenses in the morning:**

1. Instilling a drop of Hylo-Forte into each eye 2 minutes before removing your lenses can make the process easier.
2. Wash your hands thoroughly with soap and water. Rinse thoroughly and shake your hands as dry as possible, or dry with a clean lint-free towel.
3. Make sure to break the seal on your lens before attempting to remove it. Do this by gently pulling your eyelids open wider than the lens diameter, then pressing the edge of your eyelids against the edges of the lens to move your eyelids under the lens. You should feel the lens as it becomes loose.
4. Remove your lens using either the 'lid pull and blink' or 'lens suction tool' technique that your optometrist has demonstrated to you.

**After REMOVING lenses in the morning:****Menicare Plus:**

1. Place the lens in the palm of your hand with a few drops of Menicare Plus. Using your index finger, gently rub the lens for 20 seconds on each side with a circular motion.
2. Rinse the lens with fresh Menicare Plus.
3. Store the lens in the everyday storage case, filled with fresh Menicare Plus. Fill one side of the case to the line with solution, then place the lens in the appropriate holder, and screw the lid on. Repeat for the other lens. Keep your case in a dry and hygienic location.

**Hydrogen Peroxide:**

1. Place lenses in the supplied basket holder and fill the case with the hydrogen peroxide solution.
2. If required (OxySept), add the neutralising tablet. Replace the lid and tighten.
3. It is imperative the lenses are not removed before the solution has had 6 hours to neutralise. Keep your case upright in a dry and hygienic location.

**Once a month: Progent protein remover**

1. After removing your lenses in the morning, clean them as normal with Menicare Plus, and rinse with saline. Rinse your lenses thoroughly with saline if you normally use a Hydrogen Peroxide solution.
2. Place your lenses in the protein removal case lens holders (the holders are labelled left and right)
3. Remove the cap from one vial of "vial A" and add to the protein removal case. Remove the cap from one vial of "vial B" and carefully add to the container. Gently place the lens holders into the container, and carefully screw on the lid. Gently mix the solution by swirling the case flat against a bench/table a few times. **Avoid skin contact with Progent solution.** If skin contact occurs, wash your hands thoroughly.
4. Leave your lenses to soak in the Progent solution for 20-30 minutes before removing. Do not leave your lenses in the Progent solution for longer than 30 minutes as this can damage your lenses.
5. Carefully remove the lid and lens holders and discard the Progent solution. To avoid skin contact with the Progent solution, rinse your lenses and the lens holders with LensPlus saline before removing the lenses.
6. Thoroughly rinse each lens with LensPlus saline before storing your contact lenses in the day-to-day case with Menicare Plus solution or Hydrogen Peroxide as per your daily routine.
7. Your lenses will be ready to wear again at night after they have been in your normal cleaning solution for the day.