

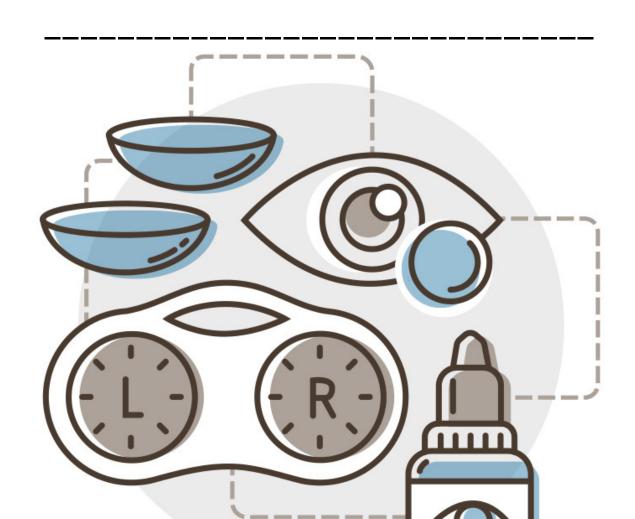


Ortho-K Lens Care & Maintenance Guide

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Your Eyecare Specialist is:



Greetings from Dr. Pink Sidhu & Associates and Weston Eyecare

Thank you for entrusting Dr. Pink Sidhu & Associates and Weston Eyecare for your specialty contact lens journey. We are committed to achieving the best possible vision and comfort for our patients.

Our doctors and technicians have the experience and expertise to improve your vision and quality of life with properly fitted custom hard contact lenses. We take immense pride in having transformed the vision of many patients over the years and look forward to doing the same for you. This guide contains the necessary information that would help you with the care and succeed on your Ortho K lens journey.

Once again, Dr. Pink Sidhu & Associates and Weston Eyecare thanks and welcomes you to our growing family of satisfied and happy patients.

Thank you, Doctors & Staff at Dr. Pink Sidhu & Associates and Weston Eyecare



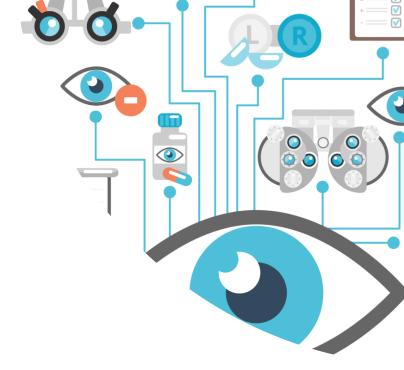
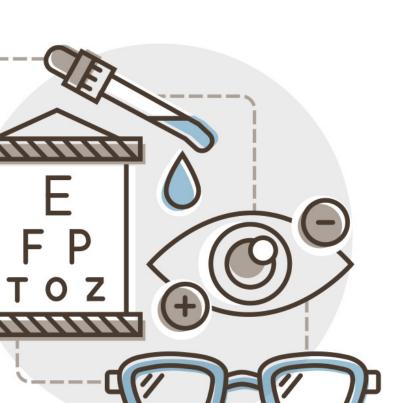


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Care & Maintenance

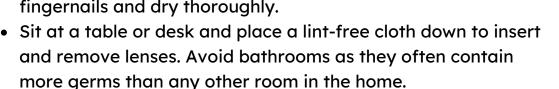
Orthokeratology (Ortho-K) uses specially designed hard contact lenses that you wear while you sleep which gently reshapes your cornea. They contact lenses are recognized as a safe form of vision correction. However, incorrect care of scleral contact lenses and solutions can increase the risk of eye infections.



Risk factors for acquiring an eye infection include improper lens cleaning and disinfection, poor hygiene practices. Following your practitioner's hygiene regime, along with regular reviews, will minimize the risk.

Before handling, removing or inserting your lenses:

 Always thoroughly wash your hands with an antibacterial based hand wash and dry them with clean towel before handling, removing, or inserting your lens. Make sure to wash all parts of your hands including between the fingers & fingernails and dry thoroughly.



- Always lubricate your eyes BEFORE lens removal and BEFORE insertion with preservative-free lubricating eye drops.
- Inspect your lenses for deposits and defects such as chips or cracks. If you notice any defects, inform your eye care specialist immediately
- If you misplace or break a lens, contact your practitioner immediately





Cleaning

STEP 1:

Thoroughly wash your hands with an antibacterial based hand wash and dry them thoroughly with clean towel



STEP 2:

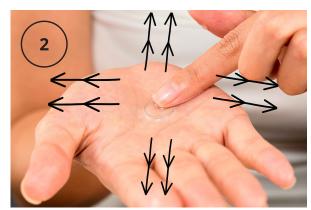
Hold the lens in the palm of your hand and pour 2-3 drops of Boston Advance Cleaner Solution into the bowl of the lens



STEP 3:

Gently rub the lens with the solution clock wise and then counter clockwise to clean the outer surface. Next, sweep the finger from in to out in circular motion start at 12 o'clock and work your way around. Do this step for about 20-30 seconds depending on the amount of deposits or debris





STEP 4:

Hold the lens between your thumb and index finger and rinse back and forth 5-7 times with Boston Advance Conditioning Solution to remove cleaning solution from the lens. You are ready to store or wear your lens once done



Remember!

Your lenses should NEVER come in contact with tap water. Tap water contains microorganisms like Acanthamoeba that can cause sight-threatening eye infections.



Boston.

Insertion

STEP 1:

Thoroughly wash your hands with an antibacterial based hand wash and dry them thoroughly with clean towel. Next, lubricate your eyes with preservative free lubricating eye drops.



STEP 2:

Remove your lens from the storing solution case. Either place the lens between the middle, forefinger and thumb (known as the tripod method) or secure your lens to a suction tool. To avoid confusion, it is recommended to start with the right eye lens (It has a red tint for distinction)



STEP 3:

Half fill the bowl of the lens with Boston Advance conditioning solution to prevent air bubbles between your eye and the lens (See Image A)

Image A

Insert the lens directly onto the center of your eye in the face down position (See Image B)

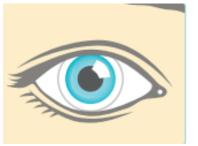
If you happen to drop your lens, place the lens in the palm of your hand and thoroughly rinse for five-seven seconds with Boston Advance cleaning solution. Next, hydrate the lens with Boston Advance Conditioning solution and reinsert the lens



Image B

STEP 4:

Blink. Blot excess solution. Make sure that the lens is centered and comfortable. Air bubbles can cause discomfort, poor vision, and unusual glare. If any air bubbles are present, remove the lens and re-insert the lens by repeating steps 2 & 3





STEP 5:

Wash your case with hot water and soap. Dry and wipe out your lens case with a paper towel. Leave the case lid off to air dry



Remember!

Normal occurrences on insertion: On rare occasions, a lens become dislodged from center of the eye and move to the side. Follow these steps in such a scenario:

- Look in a mirror to establish where the lens has moved to and move your eyes in a direction away from where the lens is located. For example, if the lens is on the white of your eye nearest to your nose, look towards your ear.
- Gently nudge the lens back to the center of your eye using your eyelids. Avoid directly pushing the lens with your fingers as this can damage the surface of your eye.

 Alternatively, remove the lens using your suction tool and reinsert correctly.

Abnormal occurrences on insertion: If on insertion you experience stinging, burning or slight pain, remove the lens, rinse and re-insert. If the problem persists, remove the lens and see your eye care specialist.

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Removal

STEP 1:

Thoroughly wash your hands with an antibacterial based hand wash and dry them thoroughly with clean towel



STEP 2:

Insert 1-2 drops of preservative-free lubricating eye drops to help loosen the lens



STEP 3:

METHOD 1: Suction Tool

- While looking in the mirror in front of you, hold open your bottom lid. Wet the tip of suction tool to allow for better adhesion and attach the suction tip to the bottom third of the lens
- Using the suction tools, remove the lens by tilting the lens up and out of the eye.

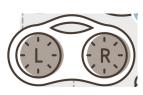


METHOD 2: Manual Removal

- To begin, look down onto a flat surface (a mirror or towel to be placed here)
- using your middle fingers, open the eyelids wider than the lens diameter.
- Apply pressure to the middle of the lid margins (as close to the lashes as you can - you do not want to show any of the red inside surface of our lids), pushing in and together to move your lids under the lens and lever it out of the eye.









STEP 4:

Store your lenses in Boston Advance conditioning solution as directed by your eye care specialist.

Storage

STEP 1:

Make sure you lens case is completely dry. If not, dry and wipe out your lens case with a paper towel.



STEP 2:

Once you have taken out the lens from your eye, store in the Boston Advance conditioning solution recommended by your eyecare specialist. Fill in the lens case to make sure the lens remains hydrated while it is in the case and close the case once done



Risk of Breakage

Ortho-K lenses are made of a strong polymer which resists damage in normal wearing circumstances. It is very rare for a lens to break in your eye unless something hits your eye or your removal technique is incorrect/very forceful. The solutions you use to clean your lenses will not weaken or degrade them. However, they can still break if mishandled.

There are some tricks you can learn to minimize this chance. 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 tool to remove it from the surface.
- Pulling the lens too firmly from the suction tool. Slide the lens off the suction point instead.
- Forcing the lens to bend excessively while cleaning. Some friction force is required to clean the Ortho-K lens using your cleaning solution, but not too much. The resistance from your skin surface will be sufficient to clean the lens. If too much force is applied on both sides of the lens, it will flex and eventually snap.

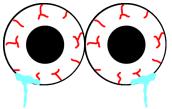


Things to Remember

 Make sure you attend all your follow-up appointments - these will allow your eye care specialist to ensure your scleral lens is performing as well as possible



- First night of wear:
 - You should not experience any discomfort from the lens while you are sleeping; however, it is not usual to experience some discomfort with your eyes open as you get used to Ortho-K lens wear. This generally improves with time.
 - When you wake up, insert a drop of preservative free artificial tear solution into the eye to increase moisture and assist in the lens movement on the eye. If the lens is bound it will not move - this means it may be necessary to manually loosen the lens.
 - Upon removal of the Ortho-k lens you should notice some improvement in your unaided vision. This improved vision will last most of the day. After approximately two weeks vision should be stable all day for most forms of orthokeratology vision correction.
- Normal occurrences during the first 2 weeks include:
 - Foreign body sensation and slight discomfort while wearing the lenses.
 - Mild dryness and slight crusting in the corners of your eyes on waking.
 - Blurred vision during the first week of Ortho-K lens wear. Take note of the changes in your vision and to report to your optometrist.
 - Glare and halos at night especially during the first few months of Ortho-K lens wear. The
 process where this clears up is called neuroadaptation. In some cases as with myopia
 control, some glare can persist. However, due to the lifestyle of younger patients, these
 rarely bother them.
- Abnormal symptoms (contact us immediately) include:
 - Pain, light sensitivity, burning, stinging, and excessive watering on lens insertion. Remove the lens, rinse with preservative-free saline and re-insert if this occurs.
 - A persistent redness, pain or light sensitivity of the eyes which doesn't resolve after lens removal.
 - Feeling like the lens is suctioned onto the eye and experiencing difficulty removing the lens in the morning.
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- We understand that when you are learning how to use your lenses you may be
 inadvertently forceful during insertion, removal or cleaning. Because of this we offer a 1
 month manufacturer's replacement warranty on accidental breakages from the date of
 initial dispense. Outside of this period, your lens is not covered by a warranty and the lens
 will need to be replaced at your cost if damaged or lost. If you do lose or damage a lens,
 please don't panic, just give our team a call and we will arrange a replacement as quickly
 as we can.
- Normally a lens will take 12 business days to arrive from the lab when ordered. If you are
 very dependent on the lens, we will of course ask our lens company to manufacture it as
 soon as possible (Additional charges applicable for rush order requests). Because of the
 inevitable waiting time, we encourage all Ortho-K lens wearers to have a spare set of
 lenses available for a situation where a lens is lost or broken.
- Do not modify the recommended cleaning routine or solutions without consulting your eyecare specialist. Other solutions may not be compatible with your eyes and lens may cause discomfort or allergic reactions.
- Shortcuts with cleaning solutions appear to save money but may ineffectively clean and disinfect the lens or lead to eye infection which can result in losing vision
- Never clean or store your Ortho-K lens with soft contact lens solutions. These products work in different way to the rigid lens solutions and will not clean and condition your lens.
- Replace your lens case every time you start a new bottle of lens cleaner to avoid microbial combination and loss of effectivity
- To avoid contamination, do not touch the tips of solution bottles. Replace cap after use
- If you are experiencing a medical eye emergency or concerns after hours, consult your local hospital or emergency eye clinic







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