

Ortho-K Guide: How to Care For & Wear the Lenses

What are Ortho-K molds? They are hard lenses, which are custom-tailored medical devices. Maintaining healthy eyes and vision includes proper lens care and wear. Your Ortho-K lenses are designed to be worn while you sleep and removed when you awake.

What to expect:

- The lenses will feel a bit scratchy during the first few nights of wear. As your eye reshapes, the comfort improves.
- Your initial prescription, age, the shape of your eyes and your compliance with the instructions will determine how quickly we reach your goal. Initially, you may find your excellent vision slips a bit later in the day.
- During the initial treatment phase, we may provide daily-disposable soft contact lenses until we reach your goal.
- Typically, we expect to see 90% of the vision changes within the first week of treatment and full treatment within two weeks. Some eyes will require a longer period of time to complete the process.

The first few nights of wear are the most important to jump start the molding process. Insert your lenses as directed immediately before bed. Sleep a minimum of 7-8 hours on your back is preferred to maximize treatment. You may need to prop your head with pillows to keep from rolling over. We encourage you to sleep on your back for the next 3 nights.

Lens Care

For optimal care of your lenses, please select one choice from the following recommended two-part systems:

| | Disinfection | Storage | Insertion |
|----------|------------------------|--------------------------------------|--------------------------------------|
| 1 | Clear Care | Clear Care | Purilens Plus |
| 2 | Boston Advance Cleaner | Boston Advance Conditioning Solution | Boston Advance Conditioning Solution |
| 3 | Boston Simplus | Boston Simplus | Purilens Plus |

For a weekly deep clean: Boston One Step Liquid Enzymatic Cleaner

Rewetting drops: Artificial tears by Refresh, Systane, or Blink

Rinse your case and plunger with an insertion solution and allow to dry completely. To disinfect run through the dishwasher. Replace your case every 3 months. NEVER use tap water on your lenses.

How to Clean your Lenses

- Gently place lens in the palm of your hand. Add 2-3 drops of Boston Advance Cleaner or Boston Simplus on the outside of the lens and gently rub with your finger in a radial pattern for twenty seconds. Flip the lens over, add 2-3 more drops of the cleaner and use a Q-tip to gently clean the inside (bowl side). AVOID excessive pressure as this will crack the lens.
 - Rinse the lenses with either Purilens Plus or Boston Advance Conditioning Solution prior to storing in the storage solution.
 - Use Boston One Step Liquid Enzymatic Cleaner once per week. Use a regular contact lens case and fill with fresh Boston Advance Conditioning Solution. Then add 2 drops of the Boston Enzymatic Cleaner. Soak lenses for a MINIMUM of FOUR (4) hours. Rinse for 5 seconds with Purilens Plus or Boston Advance Conditioning Solution.
- Clear Care is a no rub solution and the lenses may be inserted directly into the provided case and filled with solution and the must soak for a MINIMUM of SIX (6) HOURS.
 - Rinse with Purilens Plus prior to insertion.

Lens Insertion

1. Always wash, rinse, and dry hands thoroughly before handling the lenses.
 - Avoid soaps containing cold cream, lotions, or oily cosmetics prior to handling the lenses. These substances can adhere to the surface of the lens and are difficult to remove.
2. Handle your lenses with your fingertips. Keep fingernails short, as they can scratch or chip the lenses.
3. Always start with lens insertion on the same eye to avoid lens mix-ups.
 - Right eye is RED.
 - Left eye is YELLOW.
4. Remove the from its storage case and examine it for any debris, scratches or chips, which could cause issues. NEVER insert a lens that does not appear in perfect condition. If unsure, please call the office.
5. Instill a re-wetting artificial tear drop in each eye prior to insertion for maximum comfort.
6. Fill the lens with a few drops of Purilens Plus or Boston Advance Conditioning Solution.
7. Place the filled lens on the index finger of your dominant hand and while looking down (bent over) over a counter-top or table with your mirror laid flat pull down on your lower eye lid with the middle finger of your dominant hand and using your other hand to grasp up on the upper eyelids as close to the lash line as possible to open lids, gently press the lens onto the center of the cornea (over the colored part of your eye).
8. Slowly release the eyelids and gently blink while still bent over. The lens should center.
 - If you experience profuse tearing and/or moderate to severe discomfort remove the lens immediately and rinse thoroughly with insertion solution of your choice. Try again if the discomfort has gone and the lens looks to be in perfect condition.
 - If you accidently place the lens on the white part of your eye it MUST be removed with the plunger. You cannot slide it over to the cornea.
9. Empty your case of the storage solution and allow to air dry upside down.

Lens Removal

1. Always wash, rinse, and dry hands thoroughly before handling the lenses.
2. Before attempting to remove the lenses ensure that the lens is not adhered to eye. Add 2 drops of the re-wetting artificial tears to each eye and blink a few times to allow an adhered lens to move freely.

3. Use your fingers to grasp along the lash lines and open eyelids.
4. Firmly place plunger on center of the lens. Once the plunger suctions to the center of the lens both should withdraw together.
5. In the event you cannot locate your plunger, you may use lid manipulation. Look straight ahead into a mirror. Place the index finger of one hand on the upper lid above the lens and the index finger of the other hand on the lower lid below the lens. Pull the lids slightly apart to reveal the whole of the lens. Gently press the lids towards the eye and move the fingers towards each other. The lens should then come away from the eye and be removed by the two fingers.

Don'ts

NEVER insert or remove your lenses near or over a drain. Please use a smooth, flat, soft surface to avoid scratching or dropping the lens on the floor. If the lens is dropped, do NOT move your feet or kneel down. Dropped lenses must be picked up using either a plunger or a wet finger. Do NOT slide the lens across a surface.

Do NOT wipe your lenses with any type of material. If you feel the lenses need to be wiped, then blot gently with a soft tissue.

Do NOT use tap water or saliva on your lenses. Do NOT swim or shower with your lenses on. Tap water increases your risk for infection.

Do NOT use Clear Care or Boston Advance Cleaner directly in the eye.

REMEMBER: IF IN DOUBT, TAKE THEM OUT!

- Redness
- Pain
- Discharge
- Light Sensitivity
- Blurred Vision

If you have any of the above symptoms or any concerns whatsoever, please do NOT wear your lenses. REMOVE them promptly and call Drs. Lang at 262-923-7073. If it is after hours, you will be directed to an emergency line in which you can leave a message for the Drs. and they will return your call as soon as they are able.

When not to wear your lenses:

- When you are sick
- When you have an eye infection
- If your eyes are red, irritated, or watering
- If the lenses are damaged

Follow Up Visits:

These are essential for proper corneal molding. Please always bring your lenses to each visit. We will be checking your corneal health, the treatment success and the condition of your lenses. We will also answer any questions or concerns you have (so write them down so you won't forget). If visits are missed, this could jeopardize the treatment or your eye's health.

Continue annual or bi-annual routine exams to ensure eye health and safety of the lenses.

EMERGENCY CARE

Drs. Lang can be reached around the clock, so do NOT hesitate to call 262-923-7073 should any questions, concerns, or eye issues arise.