



Orthokeratology

WELCOME TO YOUR NEW
CONTACT LENS TREATMENT PLAN

Eyecare Elements

Dr. Sukhdev Gill - OD

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This packet belongs to:

Overview

Welcome to your night vision Orthokeratology treatment! This guide was made to help assist you and your family with the care of your Ortho-K lenses, and answer any questions that may arise throughout the treatment process.

Dr. Gill specializes in Ortho-K, and has designed the lenses specifically to fit your child's eyes. They are one-of-a-kind, and created to achieve the best results for your child's vision.

Cody Masterson is our myopia control consultant, and will also be following your treatment closely to ensure things are going as smoothly as possible. Both Dr Gill and Cody will see your child at each of their follow ups, closely monitoring their vision progress.

How to Use

1. Lenses must be worn every night for minimum **7 hours** for best results
2. Clean lenses with solution
 - a. NEVER use tap water
3. Add lubricating drop BEFORE inserting/removing lenses
4. **RED** = Right eye
5. **BLUE** = Left eye

We recommend thoroughly cleaning the area you will be working over beforehand. Keep in mind that these lenses are small, and can slip down sink drains!

Lost a Lens?

That's okay, it happens to the best of us!

Give us a call, and we will order a replacement lens for you.

Milestones

I. I & R Training

You've done it! You've accomplished the hardest part, which is getting your lenses in and out during your lesson with our Optician. Now, it's time to wear the lenses for your first overnight. Be sure to clean them well (not with tap water) and wear them for **7 hours** minimum before removal.

II. Follow Ups

Now that you have gotten into the groove of your Ortho-K treatment, we will see you for 4 more follow ups (minimum) to monitor your eye health and vision progress.

	APPOINTMENT:
1 DAY	
1 WEEK	
1 MONTH	
3 MONTH	

If you are experiencing discomfort, pain, irritation, redness, or other symptoms and would like to be seen, give us a call! We will be here to help get you scheduled for an additional visit with Cody and Dr Gill ASAP.

**If there is intense irritation/discomfort,
stop wearing the lenses until you can be seen by the Dr**

Treatment

Our topographer maps out your corneal curve and power using the brightly lit rings within, allowing Dr Gill to not only design a lens that's unique to your child, but it allows him to monitor the changing shape of your child's cornea so he may redesign lenses when necessary throughout the treatment for optimal results.

FAQ's

"What happens if we end Ortho-K treatment, for example, after 2-3 yrs?"

In most cases, your child's cornea will return to its original shape, meaning it will return to a similar prescription before starting treatment (ideally with no further progression).

"What are the pros of this particular treatment?"

Clear vision during the day without the need for glasses or contact lenses. Myopia control leading to lower adult prescriptions and lower likelihood of future physiological issues within the eye.

"What is the difference between regular soft lenses and Ortho-K lenses?"

Ortho-K is smaller in diameter and is rigid. It is also a sealed system that does not move on the eye like soft lenses. Additionally, Ortho-K is used while sleeping and corrects vision by reshaping the eye rather than adding a new layer.

"How is the progress of vision monitored during treatment?"

At each follow up the Dr and Cody will perform a visual acuity on your child and will perform a refraction test to ensure vision is acceptable, clear, and the control effect is appropriate.