

Myopia Management

At
Coal Creek
Family Vision



Orthokeratology (Ortho-K)

Ortho-k lenses should be worn every night while sleeping. Recommended wear time is at least 7-8 hours per night. Your child's lens molds should be replaced yearly.

How long does it take for vision to be corrected?

Most patients achieve full correction after 1-2 weeks of wear!

During this time, your child may need to wear their glasses or soft contact lenses to have clear vision throughout the day. Once the vision is fully corrected, your child will be free from glasses and contacts during the majority of their day. They will need to continue to wear the lens molds at night to maintain good vision during their day.

What happens if my child misses a night of wear?

Depending on your child's prescription, they may feel more comfortable wearing an old pair of glasses until they resume a full night of wear/treatment due to not receiving treatment from the lens molds.

What are the risks associated with orthokeratology?

Orthokeratology lenses have been approved by the FDA for wear while sleeping to temporarily reduce myopia. The possible risks with contact lens wear include eye irritation and infection. Risks of eye infections are minimized through proper wear and care.

How should I care for the lenses?

Place the contact lens in the palm of your hand and apply a few drops of the prescribed cleaning solution. Gently rub the lens with the solution being careful not to apply too much pressure. Rinse the lens with the prescribed solution. Fresh solution must be used each time the lenses are stored. After filling your case with the fresh solution in the morning, store your lenses in the case for the day.

Once your lenses are removed from the case in the evening, discard the used solution and allow the case to air-dry upside down or open. The case should be replaced with each new bottle of solution. This should be done about every 3 months during your quarterly appointments.

Proper wear and care includes cleaning lenses daily with the prescribed cleaning solution and never exposing the lenses to water. If your child ever experiences pain, discharge, or severe redness of the eye, remove the lenses immediately and contact our office.

Your doctor prescribed the following cleaning solution:

☐ Unique pH ☐ Clear Care ☐ Other: _____