

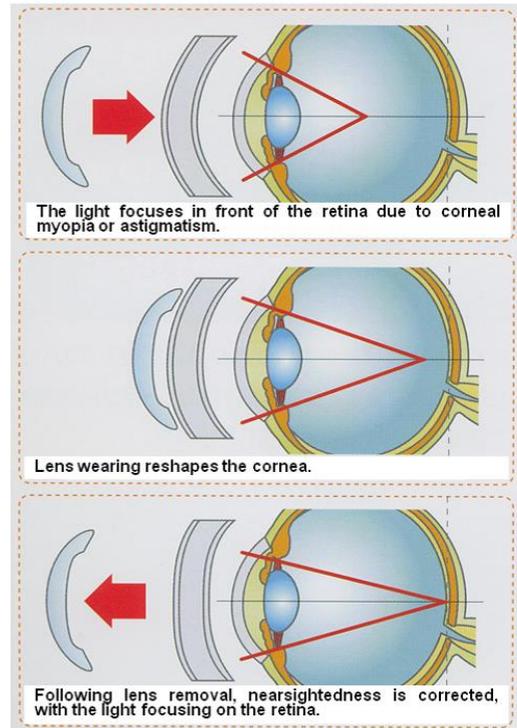
## Patient Information: Orthokeratology

Orthokeratology is a treatment for correcting Myopia; nearsightedness.

Orthokeratology requires the patients to wear a special type of contact lenses during sleeping to flatten the corneas (please see the figures on the right).

The key features of orthokeratology include:

- Patients can live their daily routines during the daytime without the contact lenses or glasses.
- Correction is also possible for corneal astigmatisms.
- No surgical procedures, this treatment allows the cornea to revert to its original shape after lens removal.



**Orthokeratology Theory**

### Indications and Contraindications

Indications (patients who can be able to treated bywith the orthokeratology):

- Eyes with a clear cornea that have no history of surgery
- Nearsightedness from -1 diopter up to -6 diopter
- With-the-rule astigmatisms of up to 1/2 of the spherical diopters or against-the-rule astigmatisms of up to 0.75D
- Understanding of the explanations given by the doctors and orthoptists.

Contraindications (patients who cannot be treated by the orthokeratology):

- Ophthalmic diseases (keratoconus, infection, scar, herpes, nystagmus, glaucoma and uveitis, etc.)
- Severe nearsightedness, severe astigmatism or farsightedness
- Severe allergic conjunctivitis
- Severe dry eye disease
- A history of refractive surgery or ophthalmic surgery (strabismus operation and cataract surgery, among other surgical procedures)
- Pregnancy
- Sleep-deprived patients (about 6 hours of sleep)
- Those who are unable to use the lenses properly
- Those who are unable to come in for periodic follow-ups
- Those who are unable to follow instructions from doctors and orthoptists

## **Treatment Procedures**

### **First examination and consultation**

- You will receive an interview and a few eye examinations to assess whether orthokeratology is possible for you.
- If you pass the primary examination, you will be fitted with trial lenses to check the condition of the lenses worn.
- If the trial lens was suitable, you will receive the instruction of Orthokeratology and practice wearing and removing the lens.

### **Trial (1 week)**

- During the trials, the clinic will rent you the trial lenses and lens care solutions. Please wear the lenses before going to bed and remove them the next morning as instructed.
- If there is any ocular abnormality, please stop wearing the lenses and contact to the clinic.

### **After the week Trial**

- Please bring the lenses inside the lens case to the clinic.
- You will undergo eye examinations to determine whether the treatment is effective.
- If you wish to start the Orthokeratology, your own lenses will be order. You may continue using the trial lenses until the lens arrival.
- In case the trial lenses did not work as expected, you may continue the trial with a different prescription .

### **Lens(es) receipt**

- We will contact to you when the lens arrived. After that you receive your own lens. Please bring the trial lenses and return the trial lens.

### **Follow-ups**

- Patients are scheduled for the follow-up visits after 1, 3, 6, 9, and 12 months after from the beginning. Periodic follow-ups should not be skipped because they are essential for monitoring your post-treatment visual acuity, corneal condition and for early detection of any complications.
- You may require other examinations according to the eye condition at the follow-ups.
- If you experience a sudden change in vision or any abnormality, please consult to us prior to the scheduled follow-ups.
- During the warranty period, if the different prescription is required, the treatment fee will cover the cost of the lenses.

### **Potential Complications**

●As with the conventional daytime hard contact lenses, corneal inflammations including corneal erosion and corneal epithelial detachment, conjunctivitis, hyperemia/discharge, pain, corneal neovascularization, infections, lens adhesion to cornea, lens shift, corneal edema, corneal endothelial impairment, astigmatism, halos and other complications may occur. It is important to come to regular follow-ups to avoid these complications.

⌘Other complications associated with orthokeratology include changes in vision before the visual acuity stabilizes, inadequate correction, night glare and halos.