

ORTHO-K

Correct your vision while you sleep.



**SPRINGFIELD
FAMILY EYECARE**

What is Ortho-K?

Ortho-K is short for *orthokeratology*, the method of reshaping of the cornea with small contact lenses. These lenses are worn during sleep and provide temporary vision correction.

The lenses are removed upon waking and you will enjoy clear vision throughout the day without glasses or contacts.

The lenses are worn most nights to maintain the best vision, but taking the occasional night off is also an option.

Ortho-K is prescribed to correct near-sightedness (myopia) but can also correct astigmatism and far-sightedness (hyperopia), and, in some cases, the need for reading glasses in middle-age (presbyopia).

How soon should I be able to see clearly?

Most people with low myopia can see the second last line on the chart after the first night of wearing them. Full correction of low myopia is usually achieved within a week.

Am I A Candidate?

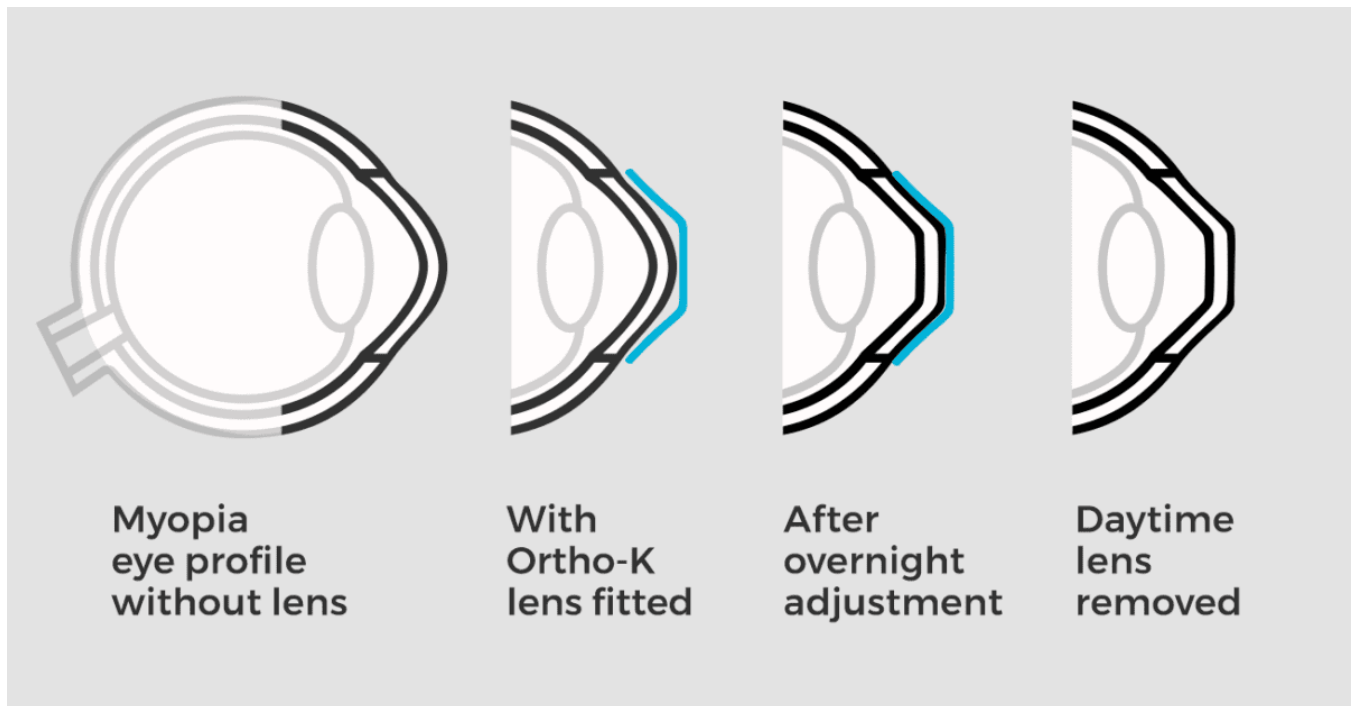
People with mild to moderate myopia (with or without astigmatism) are the best candidates for Ortho-K. Your optometrist will be able to tell you if you're suitable after doing a few extra tests, like corneal topography which maps the shape of your corneas.

Ortho-K is a great option for children and young adults who do not want to wear glasses or contacts, are poor candidates for refractive surgery, or just do not want to take the risk of refractive surgery. If you wear contact lenses and participate in sports, or work in dusty environments, Ortho-K might just be the answer you've been looking for.

Myopia Control

Myopia control is a group of methods eye doctors can use to slow the progression of childhood myopia between the ages of 6 and 12. There is no cure for myopia, but there are ways to help control how rapidly it develops or progresses. Myopia that is higher than -5.00 D can lead to serious complications later in life such as retinal detachment, macular disease, glaucoma and cataracts.

Ortho-K is a safe, reversible, and FDA-approved method of slowing the progression of myopia.



What's the next step?

Your first step is to book an appointment with us for a regular eye exam – we'd like to examine your eyes to establish if you are suitable for Ortho-K.

It takes about 10 days to make your lenses – once we have them, we'll teach you how to insert, remove and care for them. After that, you'll be able to take them home, returning for a series of visits to ensure your eyes remain healthy and the lenses are giving you the sort of vision we expect.

Ortho-K Fee Schedule

A package fee of \$1800 covers the initial assessment, first pair of lenses and all aftercare visits involved in the first year of Ortho-K. As a minimum this includes:

- ✓ Initial one-hour examination specifically for Ortho-K
- ✓ All diagnostic fitting visits
- ✓ Instruction on how to use and care for the lenses
- ✓ Aftercare examination after the first night of wear
- ✓ Routine aftercare visits at 1 week, 1 month, 3 and 6 months
- ✓ One pair of custom-made lenses for overnight wear

The attached 'Ortho-K Lens Program' information sheet has more detail on:

- ✓ Costs for damaged or lost lenses
- ✓ Refunds if you can't adapt to the lenses

Caring for your Ortho-K lenses

To keep your eyes healthy and to prolong the life of your lenses, we recommend you follow these instructions:

Lens Removal:

- ✓ Wash your hands thoroughly with soap and water.
- ✓ Dry your hands on a clean, lint-free towel or paper towel.
- ✓ Remove the right lens with the lid squeezing technique, or with a rigid contact lens removal tool by pressing the tool against the lower part of the lens and hinging upwards in a slow but steady arc.
- ✓ DO NOT RUB the lens between your fingers before storing them in the case
- ✓ Place each lens in its respective well, right or left
- ✓ Repeat the above for the left lens.
- ✓ Fill the case to the marked line with ClearCare Solution and wait 6 hours for the peroxide to neutralize.

Lens Insertion:

- ✓ Wash your hands thoroughly with soap and water.
- ✓ Dry your hands on a clean, lint-free towel and paper towel.
- ✓ Remove the right lens from its case with your fingers.
- ✓ Rinse the lens with multipurpose solution if there is any residue on it.
- ✓ Fill the lens with unpreserved ocular lubricant, being careful not to get any air bubbles in the lubricant before you insert the lens as air bubbles will dent your cornea and distort your vision for at least a day, if not longer.
- ✓ Repeat for the left lens.
- ✓ Tip out the remaining cleaning solution from the case.
- ✓ Store the case in a clean, dry place.

Intensive protein removal

Over time, your lenses will need a deep clean to remove the build-up of protein on the surface. This is usually done once every 2-4 weeks, depending on how rapidly the protein builds up.

Recommended Cleaning Products



Daily Rinsing



Insertion lubricant



Daily Disinfecting



Deep cleaning

Ortho-K Lens Program

The process for us to fit you with Ortho-K lenses is quite complex. The aim of this document is to help clarify what you can expect from us, and what we expect of you when you sign up for the program.

When compared to regular soft contact lenses, the initial investigations for Ortho-K take longer and require more equipment, the fitting process requires more time, and you'll need to return for more reviews once you start wearing Ortho-K lenses. There is a short warranty period (60 days) in which we may make changes to your lenses at no extra cost. Changes after 60 days may incur extra costs.

Our fitting package:

All appointments needed to assess your eyes, design of the Ortho-K lenses, and follow up visits for 6 months are combined into one fitting fee.

Ortho-K Fitting Package total: \$1800

What's included:

- All consultations related to Ortho-K lenses within the first 6 months. This includes evaluating your eyes, designing the lenses, one pair of ortho-k lenses, insertion and removal training, handling and care for the lenses, and the follow-up visits.
- Technology costs: ongoing corneal topography, anterior biomicroscopy, photography, and anterior optical coherence tomography measurements.
- Lens care starter kit: ClearCare solution, multipurpose solution, and a suction lens remover.

Damage to or Loss of a Lens

Ortho-K lenses are small and delicate. They can be lost or damaged if mishandled. We strongly recommend you get at least a spare pair of lenses in the event of loss or breakage. Each replacement lens is \$300.

Payment

A minimum deposit of 50% is required before we order your lenses. The remainder of the package fee must be paid in full before you take the lenses home. If you cannot adapt to wearing the lenses, or the lenses don't improve your vision to the level we expect, you'll be refunded 50% of the service fee. No refunds will be after 60 days.

Refitting

If your prescription or eye shape changes enough in the future to warrant a change in the prescription of your lenses, the fee for an ortho-k refit is \$900 and the new lenses \$300 per lens.

If you have any further questions, please do not hesitate to ask us.

If you would like to join our Ortho-K Lens Program, please read and sign the agreement and consent on the page below.



Ortho-K Lens Program Agreement and Consent

The following consent information should be read in conjunction with the following 3 documents:

1. Ortho-K lenses brochure
2. Caring for your Ortho-K Lenses – cleaning and handling instructions
3. Ortho-K Lens Program – an Information sheet on fees, what you can expect from us, etc.

Please tick the box next to each statement to state that you agree to the following terms.

- I understand ortho-K is not covered by insurance and I am responsible for the total fee.
- I understand and agree to the outline, terms and expectations of Springfield Family Eyecare's Ortho-K Lens Program.
- I understand the importance of following the instructions and advice from my optometrist.
- I understand that after the completion of my Ortho-K lens fitting, I still need to see my optometrist every 6 months for reviews to ensure my eyes are still healthy and the lenses are working correctly.
- I understand that during the early stages of the treatment my vision may not be perfect, and I may require supplementary glasses or soft contact lenses to see clearly.
- I understand that I must continue to wear my orthokeratology lenses each night for 8 hours for the correction of my vision to be most effective.
- I understand that even if I follow the contact lens hygiene and wearing instructions, there may be some risk of adverse eye health events, including corneal infections that in extreme cases might lead to vision loss.
- I understand the current policy on the Ortho-K Lens Program fees and lens replacement.
- I recognize that the cost of lenses may change in the future.
- I understand that Ortho-K lenses have their limitations and the quality of vision they provide might be limited by what is possible given the condition of my eye, as well as the available lens designs and technology.
- I understand I am not entitled to a full refund of the fees paid if my Ortho-K lens result is unsatisfactory, but I am entitled to 50% of the service fee within 60 days of initiating treatment.

Please ensure you have checked all the boxes before signing below. If you have any questions or need more information before signing, please feel free to ask

Patient Name: _____ Optometrist: _____

Name of Responsible Party _____
(if other than patient)

Signature: _____ Date: _____