



## **Ortho-K Instructions—Handling and Care**

### **What to do:**

#### **Before bed - putting them in**

- After you shower, brush your teeth etc., **WASH YOUR HANDS**. Dry your hands but be sure not to leave lint on your fingers.
- Remove lens from case and fill back of lens with **CELLUVISC/COMFORT** drops
- Place lens straight onto eye over the pupil (black part)
- Rinse case out with hot water and leave to dry over night in bedroom **NOT** bathroom
- Go to bed and try to go to sleep as soon as possible as your new lenses are more comfortable when you are asleep.

#### **In the morning - taking them out and cleaning them**

- After washing your hands, place a drop of comfort drops into each eye.
- After five minutes, use your index finger to push your bottom eyelid up to ensure that the contact lenses are moving
- Use your lens sucker to remove the lenses by looking straight at the sucker, or use the “tight blink” to remove your lenses
- Clean your lenses in your hand using **Menicare/Simplus** OR using daily cleaner (red lid) and rinse under the tap
- Place lenses into your dry lens case and cover lenses with **Menicare/Simplus** OR the conditioning solution (blue lid).

**We recommend that all RGP (hard) lens wearers, including OrthoK, have their lenses cleaned with the Progent protein removal system at least every three months. This intensive cleaning only takes 30 minutes, and can be done while you wait. Regular Progent treatment makes sure that your lenses are clean, healthy, and will last as long as possible.**



## **NORMAL THINGS YOU MIGHT EXPERIENCE WHILE WEARING YOUR ORTHO-K CONTACT LENSES**

- A mild foreign body sensation - being aware of something in your eye, especially in your first two weeks of wear
- Mild dryness of the eyes on waking
- Occasional blurred vision, especially in the initial stages of treatment
- Glare and haloes at night times, particularly in the first month
- A little more “sleep” in your eyes in the mornings - unless your eye is very red or sore, this is nothing to worry about.

## **ABNORMAL SYMPTOMS WITH ORTHO-K CONTACT LENS WEAR - if any of these occur, please **call us immediately** to make an appointment:**

- Persistent redness of the eyes
- Persistent or sudden soreness or pain, particularly if it is still there after removing the lenses, or if it develops through a day (being aware of the lenses when you put them in is normal)
- Persistent blurred vision, especially if combined redness, soreness or pain. Mild blurred vision in the initial stages of treatment is normal
- Difficulty removing the lenses in the mornings; feeling like they are ‘stuck’ to the eye.

**If you have any problems, concerns or questions, you can contact:**

Gerry & Johnson Optometrists (Brisbane City) on (07) 3210 1822  
Kate Johnson on 0411 109076 or [kate@gjo.com.au](mailto:kate@gjo.com.au)  
Vijay Mistry on 0415 354 846 or [vijay@gjo.com.au](mailto:vijay@gjo.com.au)