

# ORTHO-K PROTOCOL

## 1<sup>st</sup> APPOINTMENT

### DETERMINE TRIAL LENSES

#### 1. Topography:

Tutorial "how to perform corneal topography"  
on websites [www.lentilledenuit.com](http://www.lentilledenuit.com) or [www.precilens.com](http://www.precilens.com)

- Instill 1-2 drops of comfort solution to ensure an even tear meniscus
- Ask the patient to blink 2-3 times and then **open his eyes wide** to have a maximum measurement surface
- **Check the reproducibility of the topography by taking 4 measurements per eye** and comparing them with the keratometry given by an auto-refractor

#### 2. Accurate subjective refraction

#### 3. Corneal diameter measurement

#### 4. Validation of indications:

No contraindication | Refraction within manufacturing limits | Pupillary diameter < 4mm in adults | Wearer motivation

## 2<sup>d</sup> APPOINTMENT

### CONTROL FLUORESCEIN PATTERN AND HANDLING

#### 1. Control fluorescein pattern: see overleaf

#### 2. Validate the handling:

Tutorial on the website  
[www.lentilledenuit.com](http://www.lentilledenuit.com) or [www.precilens.com](http://www.precilens.com)



## FOLLOW-UP APPOINTMENTS

After the 1st night

In the morning

At 10 nights

End of day

At 1 month

End of day

At 1 year

End of day



**The wearer must come with his lenses in the case.**

**1. Wearer assessment:** subjective feelings of the wearer about the treatment and its effects

**2. Additional refraction** (without auto-refractometer)

**3. Topographies**

**4. Slit-lamp check of corneal integrity**

**5. Fluorescein pattern :** *see overleaf*

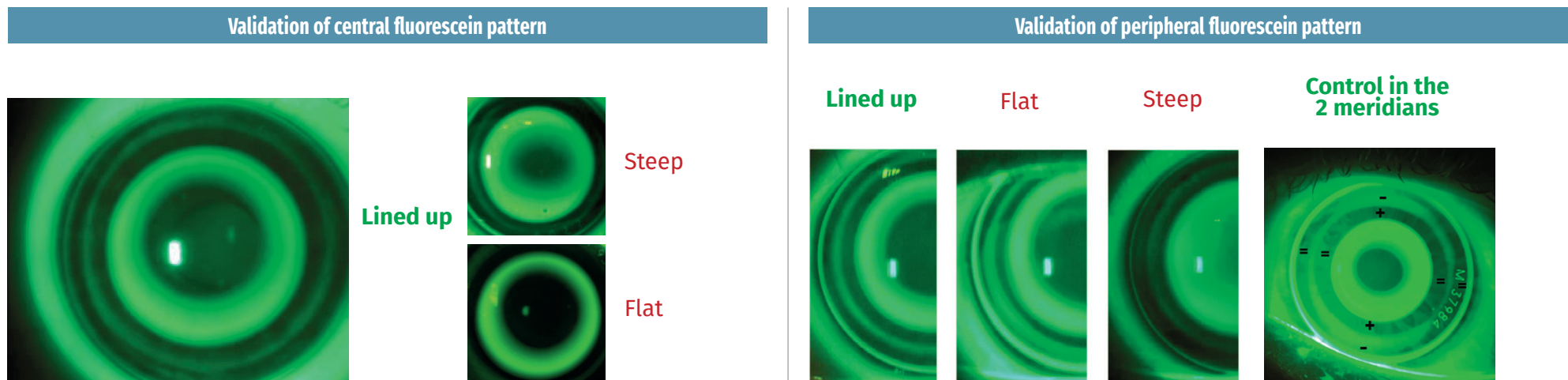
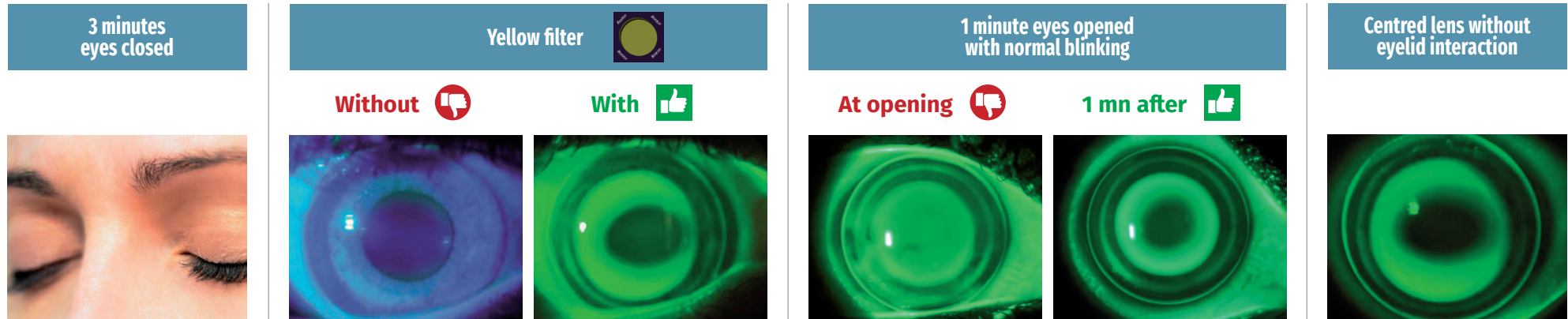
**6. Validation of handling and compliance:**

- Insertion: lens filled with preservative-free comfort solution, mirror flat on a table
- Removal: instill 2 drops of comfort solution on waking, then wait 15 minutes before removing the lenses
- Lens care: daily massage + peroxide + weekly enzymatic deproteinization

# DRL FLUORESCEIN PATTERNS IN MYOPES

Tutorial « how to perform corneal topography » available on websites [www.lentilledenuit.com](http://www.lentilledenuit.com) or [www.precilens.com](http://www.precilens.com)

- **Control fluorescein pattern before the 1<sup>st</sup> night**
  - Instill fluorescein inside the lens before fitting
  - Have the lens inserted with a mirror placed flat on the table



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