

Proper Techniques for Caring for your Ortho-K Shaping Lenses

Handling The Lens

- Wash your hands.
- Avoid soaps containing creams, lotions, or oily cosmetics prior to handling lens. These substances can adhere to the surface of the shaping lens and be difficult to remove.
- Handle shaping lens with the fingertips, avoiding use of fingernails that can scratch or chip them.
- Always start with the same shaping lens first to avoid mix-ups.
- Remove the shaping lens from its storage case and examine it. Be sure it is clean, moist, and free of any nicks or cracks.

Placing the Lens on the Eye

After thoroughly washing and rinsing hands, follow these steps to insert the shaping lens on the eye:

- Remove shaping lens from case.
- Inspect shaping lens for cleanliness, uniform wetness, and unwanted debris.
- Rub several drops of fresh conditioning solution (Boston Simplus) over the surface of the shaping lens.
- Place lens on the top index finger of dominant hand.
- Hold down lower lid and lift upper lid up with other hand.
- Gently place shaping lens on the center of the eye.
- Gently release lids and blink. The shaping lens should center automatically.
- Use the same technique to insert the other lens.
- The wearer should be instructed to place one or two drops of the recommended rewetting solution (Boston Rewetting Solution) in each eye as needed.

Removing the Shaping Lenses

Before attempting to remove the lens, it is very important that the wearer verify that it is moving. If the lens is not moving, instill a few drops of the recommended rewetting solution (Boston Rewetting Solution). Often times an adhered lens will begin to move spontaneously after instillation of drops and a few minutes of blinking. Wait until the lens begins to move freely with the blink before attempting to remove it.

Once the lens begins to move, it can be removed using one of the following methods: 1) The “stare-pull-blink” method, whose name tells you exactly how it works. Basically, this method involves staring with wide eyes, then pulling the edge of the eyelid temporarily before blinking hard and fast. Be prepared to catch the lens, as the lens should sort of “pop” out of the eye. 2) The “scissor” or “eyelid” method, which entails lifting the bottom edge of the shaping lens by manipulating the lower eyelid under the edge of the lens and lifting the lens up and out of the eye. 3) The “plunger” method involves using a soft silicone rubber removal device (“plunger”). This is the really considered a last resort, as the first two options should be the primary method(s) of removing the shaping lenses. Make sure that the lens is centered on the eye. Bring the plunger forward to the bottom of the lens, and make contact. The lens should suction to the plunger, allowing for easy removal from the eye.

Cleaning and Storing the Shaping Lenses

The lenses should be rubbed gently for 20 seconds on each side with the recommended cleaner (Boston Simplus), followed by a thorough rinse in the recommended solution (Blink RevitaLens Multipurpose Solution - use only for rinsing). Care must be taken not to press or squeeze the lens excessively during the handling. Ortho-k shaping lenses are susceptible to distortion and breakage. The cleaned shaping lenses should be placed in the proper well of the case and covered completely with the storage/conditioning solution (Boston Simplus). Maintaining the proper orthokeratology effect depends on the patient wearing the prescribed shaping lens on the correct eye, so be mindful of where you place your lenses to avoid confusion.