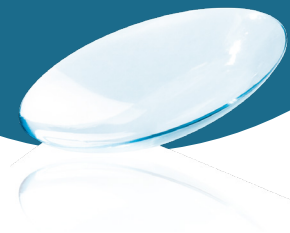




HOW TO HANDLE YOUR ORTHOKERATOLOGY LENSES

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LCS

ALL ABOUT ORTHOKERATOLOGY LENSES

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Welcome to LCS Laboratory

Developed and manufactured in France by a Research and Development team based in Caen, Orthokeratology lens offers you high quality visual performance.

Our lenses offer maximum safety and a healthy eye care product thanks to the range of high quality materials used giving perfect eye oxygenation and the presence of a protective UV filter.

Orthokeratology lens is a daily night-wear lens. It must therefore be removed, cleaned, and placed in a case daily and must be renewed every year.

The handling is specific. We invite you to read this guideline carefully and follow the recommendations given to you to fully benefit from your new lenses advantages

WHAT IS ORTHOKERATOLOGY ?

Why orthokeratology ?

A night wear, for regaining acuity during the day

Orthokeratology consists of correcting vision by corneal remodeling. Lenses are worn at night to change cornea shape during sleep and thus correct the vision defect. They thus allow the patient to spend the day with a perfectly clear vision, without glasses nor contact lenses, to fully benefit of his daily activities.

Orthokeratology can correct various ametropia: myopia associated or not with astigmatism or hyperopia associated or not with the onset of presbyopia.

Contain children and teenagers myopia evolution

This technic is recommended to slow myopia progression for children aged from 6 years old. Myopia evolution can be contained if child has been taken in hand as earliest.

For who ?

For children and teenagers

- Night wear offers various advantages: hygiene, safety, less damages or loss problems, etc.
- During the day, young patients can enjoy complete movement freedom: no more broken glasses in the middle of the playground or any-lenses lost, children can run, and play sports without restrictions.

WHAT IS ORTHOKERATOLOGY ?

For adults

Adults can also choose orthokeratology to correct they eyesight and are particularly recommended to those :

- practicing sports activities, especially in irritating or risky environments (water sports, horse riding, etc.),
- working in front of screens or in air conditionning environment
- requiring good acuity vision without compensation at work (people working in dusty environments, firefighters, etc.).

They are also indicated to :

- soft lenses wearers complaining of discomfort or dry eyes
- eyeglass wearers who no longer wish to wear equipment during the day
- people who are not ready or are not good candidates for refractive surgery

About the lens

The remodelling is done gradually throughout the night. It is recommended to sleep with your lenses at least 6 hours for an effective treatment .

Whatever wearers age, night lenses require a regular sleep cycle and scrupulous hygiene. The visual results are not always convincing at the first night. You must wait 3 to 15 nights of wearing to obtain an optimal result and this result stabilizes after 3 to 4 weeks.

Several follow up visits to your practitioner are necessary to start with your new equipment. It is necessary to wear your lenses every night to maintain the same vision quality. When you stop treatment, the cornea returns to its original shape in less than 24 to 48 hours and myopia returns.

It is essential to renew your night lenses every year for treatment effectiveness and safety.

For more information,
get in touch with a
specialist practitioner in
night lens !

LENS INSERTION - EVENING

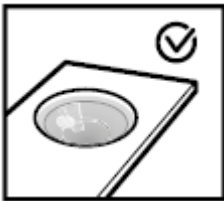


Hand hygiene

1 Before every insertion

- Good hand hygiene is the first step towards comfortable and long-lasting wear. Always wash your hands with soap, rinse them thoroughly and dry them with a clean towel before handling your lenses.

2 Opening the lens case



- Check the lens case is intact before its first use, and that the lens is fully covered by the intended solution.
- A rinsing procedure must be carried out before the 1st insertion.

- Preferably place yourself above a clean and clear surface.
- Always start by handling the same lens to avoid inversion mixing them up. If you are right-handed, start with the right lens each time.
- Remove the lens from its case with your finger, taking care not to damage the lens with your fingernails.

③ Rinse your lens

- In case you handle your lens above a bathroom sink, make sure the plug hole is closed or covered.
- Place the lens in your hand palm and rinse it with the contact lens solution advised by your eye-care specialist to make sure it is free of any surface deposits. **Never use tap water.**



Rinsing the lens

LENS INSERTION - EVENING



Good state checking

4 Check your lens

- Check your lens is clean and in good condition (no surface deposits, scratches or cracks).
If the lens seems damaged, do not use it.



Moisturizing drops instillation

5 Put down your lens

- Place the lens between the index and middle fingers.
- Instill 2 moisturized drops into the lens.
- Lay a mirror on a flat surface and look at yourself in the mirror.
- Use your ring finger to pull the lower eyelid down and your other hand to pull the upper eyelid up, holding them at base of the lashes to prevent blinking.

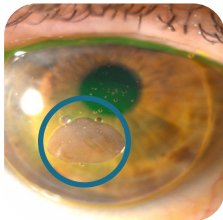
- Bring the lens up to your eye and place it gently on the cornea. Release your eyelids, and blink several times to drain excess tears.



Lens insertion

⑥ Control your lens

- Check lens centration on your eye.
- If you notice air bubbles, centration problems, or experience discomfort: remove the lens, rinse it thoroughly and fit again following the same procedure.



Bubble present,
repeat the procedure



No bubble,
correct lens position

LENS REMOVAL - MORNING



Lens case and products ready before removal

1 Before every removal

- Before removing your lens, wash your hands carefully and make sure you have a clean lens case, a clean towel and your lens care products with you.
- Always handle the same lens to avoid mixing up the right and left lenses.

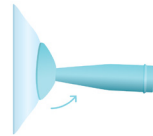


Lens removal

2 Remove your lens

- Instill a few drops of saline solution in each eye and make sure the lens is movable. Hold the plunger between your thumb and forefinger and look at yourself in the mirror.
- Position your middle finger just below the free edge of the lower eyelid and the index finger of the other hand on the free edge of the upper eyelid. Place the plunger in the lens center and remove it. You can now take it with your thumb and forefinger.

- Orthokeratology lenses needs to be handled with very carefully, **do not «pinch»** it or damage it with your fingernails.
- Consult your eye care specialist if you find it difficult to remove your lens. Removing a lens is a precise technique that may take some practice. It can easily be mastered by strictly following the recommended instructions.
- The use of a plunger is highly recommended to remove your orthokeratology lenses.



Orthokeratology lenses must be carefully maintained and renewed by a new pair every year. Compliance with maintenance rules will guarantee you comfortable and safe wearing.

Cleaning your lens

- It is imperative to systematically clean your lenses every mornings after having wore it.
- Before cleaning your lens (in the morning), empty your lens case. Never reuse the remaining solution and always replace it all.
- When removing the lens, rub your lens between your thumb and the index finger with a cleaning solution for rigid lenses during 20 seconds and then rinse it.
- Place your lens in its case and fill it with soaking solution. Remember to place the lens straight in the compartment with R (Right) and the left in the one with L (Left).
- Follow soaking solution instructions that your practitioner has advised to you.
- Make sure to keep your lens case clean and change eye care solution regularly.
Contact your practitioner for any further information.

Lens care products

- For the care of your orthokeratology lenses, use [a multipurpose product](#) for rigid lenses for your orthokeratology lenses daily care. Read carefully solution instructions you are using.
- In case of oily tears, you can use a [cleaning solution for rigid lenses](#) in the morning after removal. Do not forget to rinse the lens well with a suitable solution after cleaning.
- Your specialist can recommend the suitable contact lens solution for your orthokeratology lenses care. Follow his recommendations carefully.

RECOMMENDATIONS

Precaution of use

- Always consult your practitioner for a first use, then regularly check that your lenses are still well fitted and in good condition.
- Eye complications from wearing contact lenses are rare if you follow professional recommendations. However, if one of the following symptoms occurs, remove your lenses immediately and contact your practitioner:
 - A red or irritated eye
 - A feeling of discomfort or persistent embarrassment
 - An abnormal change in your vision
 - Increased sensitivity to light
 - Watery eyes or a feeling of dryness
- If you feel any abnormal discomfort, remove your lens, and rinse it with a rinse solution.
- In case of pregnancy, taking certain medications or eye pathologies, the wearing of lenses may be contraindicated: remove your lenses and consult your practitioner.
- Consult your practitioner before using eye drops.
- Lenses can be uncomfortable in very dusty environments, when lenses are exposed to toxic or irritating gas or liquids, and during hazardous work-related situations.
- Wearing orthokeratology lenses for water sports is not advised due to waterborne bacteria, present in rivers and swimming pools which can lead to eye infections.

- Lack of oxygen under corneal lens can lead to discomfort in case of prolonged physical effort or high altitude.
- The lenses do not protect the eye from direct hits (tennis ball, golf ball ...).
- Lenses should never be left dry and should be stored away from any heat sources.

Loss or damage

- Having a spare pair of lenses eliminates any risk of disrupted visual comfort. There are solutions. Ask your practitioner for advice.



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WWW.LABORATOIRE-LCS.COM

14 place Gardin - 14000 Caen - Normandy - France
export@laboratoire-lcs.com

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