**Orthokeratology Consent Form**

Orthokeratology (Ortho-K) is the fitting of specially designed gas permeable contact lenses that you wear overnight. While you are asleep, the lenses gently reshape the front surface of your eye (cornea). This allows you to see clearly the following day after you remove the lenses when you wake up.

TREATMENT BENEFITS:

* Provides clear comfortable vision without the use of daytime glasses or contact lenses
* Potential reduction in the progression of myopia (near sightedness)
* No age restrictions
* Improved comfort and convenience compared to use of traditional soft contact lenses
* Ability for clear vision when traditional lenses may not be worn (water activities, dusty environments)
* Reversible – treatment may be discontinued at any point and your vision will return to its pre-treatment state.

TREATMENT EXPECTATIONS:

* Your vision may take several days to become clear without the addition of daytime contact lenses or glasses.
* Your vision will be best immediately after removing the Ortho-K lenses and may regress over the day. This regression lessens with time.
* Your eyes may feel uncomfortable with the lenses inserted. This will improve over time.
* Your eyes may feel uncomfortable after the Ortho-K lenses are removed
* You may experience haloes or streakiness around lights at night. This will improve over time.
* Ortho-K lenses will last, on average, 12-18 months before requiring replacement.

TREATMENT LIMITATIONS:

* Out of range prescriptions – your doctor will determine if your prescription is suitable.
* Resistant corneas – some eyes do not respond optimally to the treatment. This is not able to be predicted prior to beginning treatment. If this occurs, see the ‘cancellation policy’.
  + Higher prescriptions or resistant corneas may still achieve success, but may not realize optimal treatment.
* Insufficient sleep/treatment time - you will need a minimum of 7-8 hours of closed-eye time for the Ortho-K treatment each night.
* Ortho-K is not a permanent vision correction treatment. One of the advantages is that it is 100% reversible. This also means if you stop the treatment, your vision will return to its pre-treatment state.

RECOMMENDED TREATMENT SCHEDULE:

* Visit 1: Ortho-K assessment & design (typically part of your comprehensive exam)
* Visit 2: Dispensing of your custom Ortho-K treatment contact lenses & instruction on how to use and take care of the lenses.
* Visit 3: 1 day follow up appointment.
* Visit 4: 1 week follow up appointment.
* Visit 5: 1 month follow up appointment.
* Visit 6: 3 month follow up appointment

NOTE: Additional visits may be needed if changes to your lens design or treatment are necessary

Please bring your Ortho-K lenses with you to all of your appointments. If for any reason you have been unable to sleep in your lenses the night prior to your appointment, please call the office to reschedule your appointment.

POTENTIAL RISKS & COMPLICATIONS:

As with any medical treatment, there are risks and potential complications that may arise. By closely following your doctor’s advice, you will limit the likelihood of these adverse reactions.

* Infection/Inflammation: If your Ortho-K lenses are not cleaned and stored or handled as instructed, a corneal infection or inflammation may occur. This can be serious and sight-threatening. If signs of infection or inflammation occur, prompt (same day) attention should be sought. Signs include (but are not limited to) pain, redness or light sensitivity once the Ortho-K lens has been removed.
* Corneal abrasions: An abrasion or scratched cornea typically occurs while removing the lens from the eye. These typically recover quickly and completely, but may require treatment. Prompt (same day) attention should be sought for any painful or red eye once the Ortho-K lens has been removed.
* Dry Eyes: Some people do not produce sufficient tears which may complicate the treatment with Ortho-K lenses. Your doctor will advise you before starting the program if your chances of success is reduced due to dry eyes.
* In the case of using Ortho-K to slow myopia (near sightedness) progression, it is not guaranteed that Ortho-K treatment will stop progression completely. Research suggests that the success rate is variable; between 30-100% in slowing of the rate of progression is to be expected.

ALTERNATIVES

Ortho-K treatment is used to provide the user with clear vision by gently reshaping your cornea while you sleep. As a means of providing clear vision, there are several alternatives to be considered when selecting the best treatment option:

* Glasses
* Traditional contact lenses (soft, RGP, etc)
* Refractive eye surgery (LASIK, PRK, etc)

INFORMED CONSENT:

In signing this informed consent, I have read and understood the risks, benefits, alternatives and requirements of the Ortho-K treatment process. I have read and accepted the costs of my treatment and will make their prompt payments. All of my questions have been answered to my satisfaction. I will attend all appointments and follow the recommended advice of the doctors and staff to minimize my risks and enhance the likelihood of success with my treatment.

Patient Name (Printed):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Guardian Name (Printed), if patient is <18 years old: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature (Guardian, if patient is <18 years old): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_