



## ORTHOKERATOLOGY TREATMENT

### Consent Form

#### APPOINTMENT COSTS:

- Initial discussion FREE
- OrthoK assessment & design \$150

#### TREATMENT COSTS:

- OrthoK treatment – two eyes \$2,250
- OrthoK treatment – one eye \$1,600

A 50% deposit is required before your OrthoK treatment lenses can be designed and ordered. The remaining 50% is required to be paid at the time your OrthoK treatment lenses are fitted and delivered.

#### Includes:

- Your customised OrthoK treatment contact lens/es.
- An OrthoK starter pack.
- All appointments for the first 4 months from treatment start date.
- Replacement OrthoK treatment contact lenses if a new design is required to achieve treatment goals.

#### Does not include:

- Further supply of cleaning products beyond your OrthoK starter pack.
- Lost or damaged OrthoK treatment contact lenses, during or after the 4-month initial treatment period.
- Replacement OrthoK treatment contact lenses beyond the 4-month initial treatment period.

#### RECOMMENDED TREATMENT SCHEDULE:

- Visit 1: OrthoK assessment & design .
- Visit 2: Delivery of your custom OrthoK treatment contact lens/es & teaching session on how to use the lenses & take care of your eyes.
- Visit 3: 1 week follow-up appointment.
- Visit 4: 1 month follow-up appointment.
- Visit 4: 3 month follow-up appointment.

Please bring your OrthoK lenses with you to all your appointments. If you have been unable to sleep in your lenses the night prior to your appointment for any reason, please reschedule your appointment.

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## TREATMENT SATISFACTION GUARANTEE:

Like all medical treatments, individual results can vary. If, within 4-months of commencing treatment, you are not satisfied with the results, OCULA will provide a credit of \$1,550 for a two-eye treatment, and \$1,120 for a one-eye treatment to be used towards another treatment / vision correction option at OCULA.

This satisfaction guarantee is strictly only valid for 4-months from the date of delivery of your initial treatment OrthoK lenses. Please carefully consider any restrictions (i.e. travel, planned surgeries, school exams etc.) that may affect your ability to commit to a 4-month initial treatment period.

## TREATMENT LIMITATIONS:

- Out of range prescriptions - the optometrist will advise if your prescription is suitable.
- Resistant corneas – some eyes do not respond optimally to the treatment, and particular factor is not able to be determined or predicted prior to beginning treatment. See 'Guarantee' for your options in this instance.
- Insufficient sleep/treatment time - you will need a minimum of 6 hours of closed-eye time for the OrthoK treatment each night
- OrthoK is not a permanent vision correction treatment. It's advantage is that it is 100% reversible. But this also means if you stop the treatment, your vision will return to its pre-treatment state.

## TREATMENT EXPECTATIONS:

- Your vision will 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
- Your eyes may feel uncomfortable after the Ortho-K lenses are removed
- You may experience visual haloes or streakiness around lights at night. This will improve over time.
- A pair of OrthoK lenses will last, on average, 12-18 months before requiring replacement.

## POTENTIAL RISKS & COMPLICATIONS:

As with medical treatment, there are possible problems that may arise. By closely following your optometrist's advice, you will limit the likelihood of risks and complications.

- Infection: If your OrthoK lenses are not cleaned and stored as instructed, a corneal infection may occur. This can be serious, and so prompt (same day) attention should be sought for any sore or red eye once the Ortho-K lens has been removed. Antibiotics and temporarily ceasing treatment will be necessary.
- Corneal abrasions: This is a more common occurrence and will leave the eye feeling quite sore. These typically recover quickly, but may require antibiotic cover. Prompt (same day) attention should be sought for any sore 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 optometrist will advise you prior to starting the program if your chances of success or the health of your eyes is likely to be compromised.

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- In the case of using OrthoK treatment to slow down myopia (short-sightedness) progression, it is not guaranteed that OrthoK will stop progression completely. Research suggests that the success rate is variable; between 30-100% slowing of the rate of progression is to be expected.

## INFORMED CONSENT

Patient (or parent/guardian):

In signing this informed consent, I have read and understood the requirements of the visit schedule and will attend all appointments, make all necessary payments in a timely fashion and will listen intently to my optometrist to minimise the risk to my eyes and enhance the likelihood of success with my orthokeratology treatment

Name:

Signature:

Date:

OrthoK Optometrist:

In signing this informed consent as the optometrist I confirm that I have gathered the correct measurements and have fully discussed the treatment plan, expectations, limitations, risks and alternative options with my patient. I am also available to them if they have any concerns for their treatment or for the health of their eyes.

Name:

Signature:

Date: