ORTHOKERATOLOGY PATIENT GUIDELINE

Orthokeratology is the use of a rigid contact lens worn overnight with the aim of temporarily correcting day-time refractive error. Patients and parents of children using orthokeratology, to maximise their safe use, should be aware that:

1. Contact lens wear, and in particular overnight wear, such as used in orthokeratology, can cause corneal infection that may result in loss of vision and potentially loss of the eye. In children, corneal scarring from infection can led to amblyopia (lazy eye) and this may result in permanently reduced vision. Patients and parents of children using orthokeratology should be made aware of this risk. The incidence of orthokeratology related contact lens infection is not known with certainty.
2. Tap water should never be used to handle any contact lenses, especially orthokeratology lenses, due to the risk of infection with water-borne organisms such as Acanthamoeba.
3. Orthokeratology is not suitable for occupational groups that require stable refractive correction. This includes pilots, as the Civil Aviation Safety Authority (CASA) does not permit pilots to use orthokeratology lenses.
4. Fitting orthokeratology lenses requires appropriate training. It is recommended fitting be done by an optometrist with experience in the use of this technique especially when dealing with children.
5. There is emerging evidence that orthokeratology may be a means of reducing the progression of myopia (short-sightedness). However, while orthokeratology lens designs have been listed on the Australian Register of Therapeutic Goods (ARTG) for the temporary correction of myopia, none have been registered for controlling the progression of myopia. Because of this any such use of orthokeratology lenses for myopia control is 'off-label' and should only be used with fully informed consent. Control of myopia progression should not be guaranteed as a treatment outcome but is under active research.

Acknowledgment:
Australian and New Zealand Cornea Society, Corneal and Contact Lens Society of Australia, Orthokeratology Society of Oceania, Optometry and Vision Science (UNSW), RANZCO Public Health Committee.