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GETTING STARTED WITH ORTHOKERATOLOGY: FITTING OK TO SLOW THE PROGRESSION OF MYOPIA

Follow these steps for a simple, straightforward approach to OK fitting



Designed by Myopia Profile - modified for Contact Lens Update in collaboration with CORE and the University of Waterloo Reference: 1 Charm J and Cho P. High myopia-partial reduction ortho-k: a 2-year randomized study. *Optom Vis Sci* 2013;90:530-9

GETTING STARTED WITH ORTHOKERATOLOGY: CORRECTING ASTIGMATISM WITH OK



roving children's vision care worldwide

Ocular astigmatism Measured by refraction

and back vertex distance corrected



Corneal toricity Measured with

keratometer or topographer

STEP 1: ASSESS CORNEAL TORICITY

Measure difference in sag height across the equivalent chord to the lens peripheral bearing points (see below), between the steep and flat corneal meridians. **Use toric design if > 40µm**

