

# Menicon α ORTHO-K<sup>★</sup>

## Quick Fitting Guide



# 1. Indications

## Refraction:

- Myopia -1.00D to -4.00D
- Astigmatism WTR  $\leq$  -1.00D

## Healthy corneas

Motivated to try orthokeratology

# 2. Initial Trial Lens Selection

## Flat (FK) value

Obtain the K value of the corneal flat meridian based on the topography scan measurements or keratometry.

Take the corresponding lens from the trial set based on the FK value using the chart included on it (also below):

Flat K No.	Flat K (F.K.)		Flat K No.	Flat K (F.K.)		Flat K No.	Flat K (F.K.)	
	Corneal flattest meridian value (D)	No. of lenses		Corneal flattest meridian value (D)	No. of lenses		Corneal flattest meridian value (D)	No. of lenses
01	40.00	1	10	42.25	2	19	44.50	2
02	40.25	1	11	42.50	2	20	44.75	1
03	40.50	1	12	42.75	2	21	45.00	1
04	40.75	1	13	43.00	2	22	45.25	1
05	41.00	1	14	43.25	2	23	45.50	1
06	41.25	2	15	43.50	2	24	45.75	1
07	41.50	2	16	43.75	2	25	46.00	1
08	41.75	2	17	44.00	2	26	46.25	1
09	42.00	2	18	44.25	2	Total No. of lenses		40

# 3. Trial Lens Assessment

## Centration & Movement

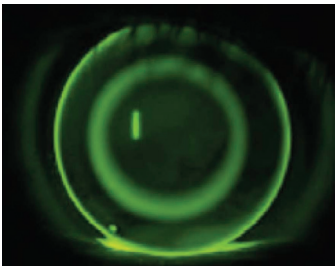
- a. Lens should be centered and stable on the eye.
- b. Lens movement should be about 1mm after blinking (may be more just after insertion due to reflex tearing).

## Fluorescein pattern (check after 15 min)

Central zone has reduced tear clearance; ring-shaped fluorescein pattern in the reverse zone; alignment area with reduced clearance and a thin edge lift pattern.

## Diameter

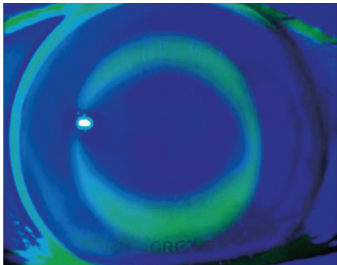
- a. 90 to 95% corneal coverage



Fluorescein pattern of a Menicon α ORTHO-K

**K values**

During the trial lens assessment, if a good fitting cannot be achieved with a standard Menicon α ORTHO-K lens, consider a Menicon α ORTHO-K AC-TORIC design.



Fluorescein pattern of a Menicon α ORTHO-K AC-TORIC

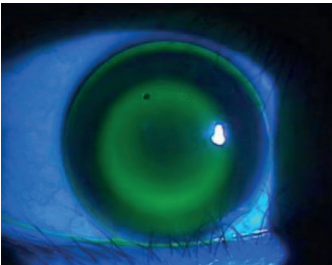
**Menicon α ORTHO-K AC-TORIC might be needed if:**

- a. There is > 1.50D difference between the Flat K and Steep K
- b. The astigmatism is limbus to limbus.

**Note: if ordering an AC-TORIC lens, please indicate both the Flat K and Steep K**

**Alignment Curve (AC)**

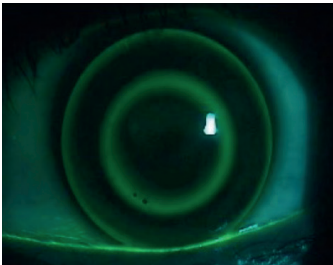
The Alignment Curve (AC) is associated with corneal eccentricity (e-value).



**Tight fitting**

- Lack of clearance in AC
- Excessive apical clearance

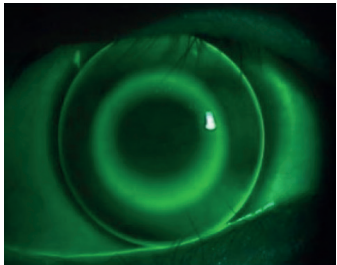
e=0.75: AC FLAT 20  
e=0.65: AC FLAT 10



**Correct fitting**

- Proper apical and AC clearance

e=0.55



**Loose fitting**

- Excessive clearance in AC
- Insufficient apical clearance

e=0.35: AC STEEP 20  
e=0.45: AC STEEP 10

**4. Target Power**

The target power (TP) is defined by the sphere power from the updated refraction performed during the initial visit.

**5. Lens Ordering**

**Nomenclature**

- |                               |                  |
|-------------------------------|------------------|
| a. Menicon α ORTHO-K          | FK / TP / D      |
| b. Menicon α ORTHO-K AC-TORIC | FK / SK / TP / D |

**Example**

- |                               |                               |
|-------------------------------|-------------------------------|
| a. Menicon α ORTHO-K          | 42.50 / -3.00 / 10.50         |
| b. Menicon α ORTHO-K AC-TORIC | 42.50 / 44.25 / -3.25 / 10.50 |

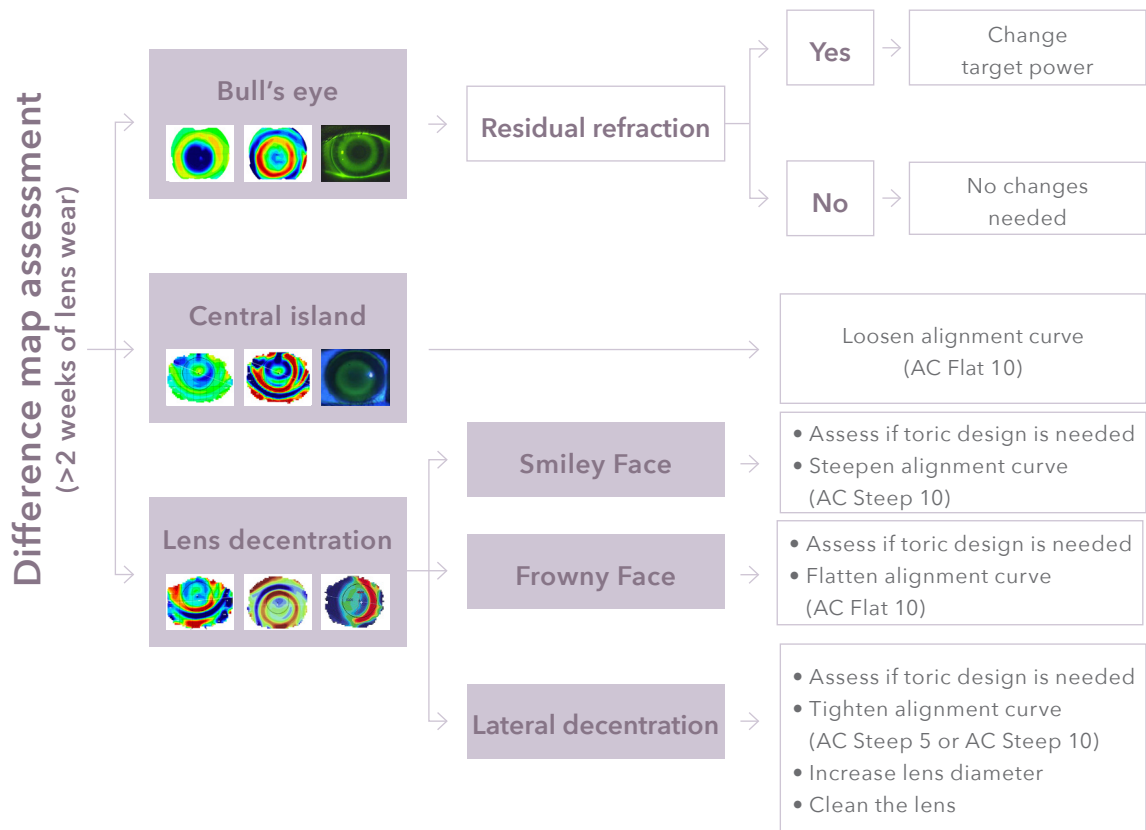
# Menicon α ORTHO-K Troubleshooting

Below is some guidance for a recommended patient follow up schedule and tests to perform. Other tests can always be performed per patient as needed (please review the full Menicon α ORTHO-K fitting guide for more information).

Follow up schedule	Recommended tests
Day 1 Week 1 Week 2 Month 1 Month 3 Every 3 months thereafter	<ul style="list-style-type: none"> <li>• VA &amp; Over-Refraction</li> <li>• Corneal topography               <ul style="list-style-type: none"> <li>- Difference maps</li> </ul> </li> <li>• Slit-lamp examination</li> </ul>

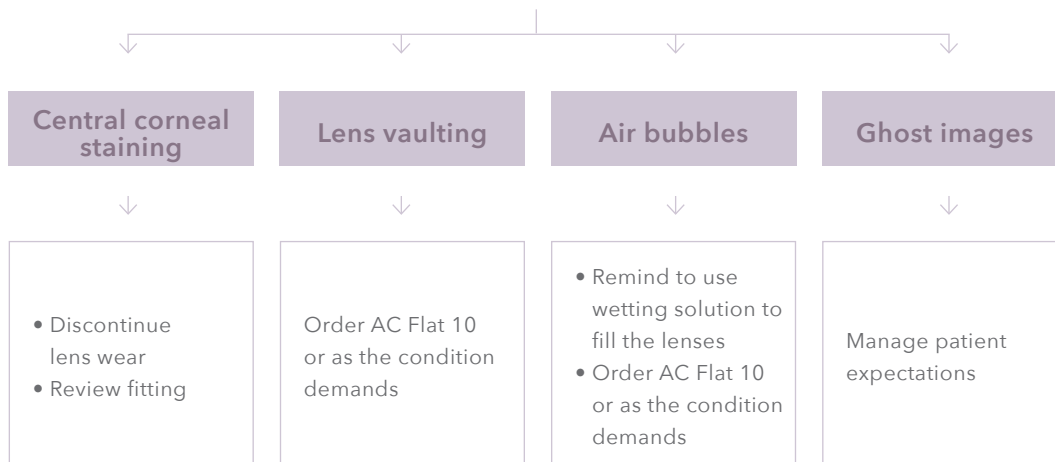
## Troubleshooting

It is strongly recommended to allow at least 7-14 days of lens wear before considering any lens changes. If the topographical difference maps and fluorescein assessments show any undesired outcomes, please follow the guidance in the flowcharts below to improve the lens fit and outcome.





## Fluorescein pattern assessment & other considerations



## MeniCare Plus and Menicon Progent

Menicon recommends the use of MeniCare Plus and Menicon Progent to provide the optimal care for Menicon  $\alpha$  ORTHO-K lenses. MeniCare Plus is suitable for everyday use to clean and store Menicon  $\alpha$  ORTHO-K lenses. Menicon Progent, used regularly (weekly/biweekly) removes proteins from the lens surface and provides strong and rapid disinfection against all organisms likely to contaminate lenses.



A balanced combination of products for the best lens maintenance.

Menicon  $\alpha$  ORTHO-K<sup>★</sup>



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