

Corneal Reshaping Lenses



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FIRST EDITION

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ANIMATION CREATED BY PARAGON CRT® CONTACT LENS INSERTION AND REMOVAL VIDEO



Corneal Reshaping Lenses

An illustration featuring a hand holding a small, round, green lens between the thumb and index finger. To the left of the text is a green, tube-like object. Below the text are two contact lenses: one white and one green, both with a textured surface.

HI, MY NAME IS YICHEN SHAO



In 2nd grade,
I found I had trouble
seeing what the teacher
was writing on the whiteboard.

I felt **worried** and **afraid** because I didn't
want my classmates to make fun of me for wearing
glasses. So I didn't tell my parents or my classmates.
I didn't know about Corneal Reshaping lenses yet, so
I thought my only choice would be to wear glasses.
When I heard my parents talking about how they
wanted me to wear the lenses, I wanted to cry. It
sounded scary to have something in my eyes, but
at the same time, I was also curious to find out more

about the lenses. The lenses sounded **interesting** and **they could help my vision**. So I told my parents that I would try the lenses.

Then, on a sunny morning on October 1st, 2018, my parents brought me to see Dr. D and the other eye doctors from EyeCare Professionals. The eye doctors examined my eyes and they ordered lenses that **fit my eyes perfectly**. The eye doctors told my parents that I needed to know how to handle my lenses independently, so my parents scheduled a class so that I could learn. I had to put the lenses in and then take them out 3 times in front of a nurse who worked at the office. **After some practice, I did it!** I received my lenses that day, and that night I wore the lenses to bed. Now I wear the lenses to bed every night and it doesn't feel so weird anymore. **When I wake up my vision is clear,** and when I'm at school, **I don't have to worry about my vision anymore!**



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DEDICATION

This book is dedicated to my doctors
at **EyeCareProfessionals.**

Thank you Dr. D, Dr. Lee, Dr. Tannen & Dr. Noah

Corneal reshaping contacts

are lenses you wear at **night**.

Once you read this book, you'll learn how to

insert, remove and **care for**
your lenses.

2



WHAT'S IN YOUR CONTACT LENS BAG???



3.

5.

4.



1. Mirror
2. Plunger
3. Gas permeable (GP) solution
4. Travel contact lens case
5. Actual contact lenses
6. Artificial tear eye drop



WHAT SHOULD I DO BEFORE WEARING MY LENSES?

The very first thing you should do is **wash your hands with soap and rinse thoroughly!**

Dry your hands with a lint free cloth like a paper towel.

If you don't, you'll get dust in your eye and **it won't feel good!**




PUTTING IN EYEDROPS!

To make your lenses feel more comfortable, put an eye drop in each eye **before** inserting your contact lenses.



INSERTING CONTACT LENSES!

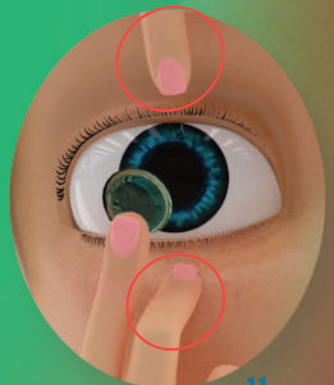


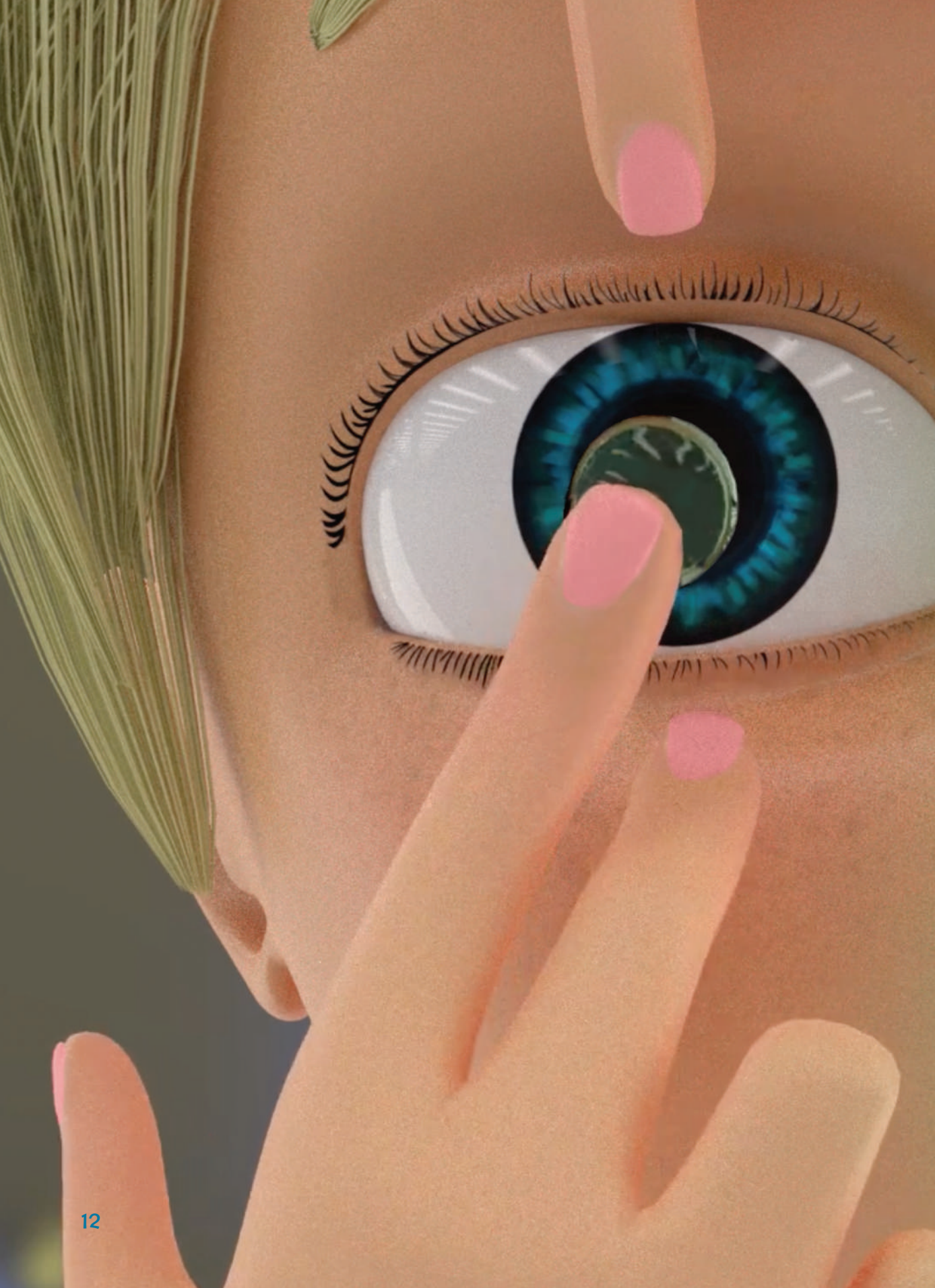
A large, close-up illustration of a person's eye. A contact lens is being inserted into the eye. The iris is a vibrant blue. The background is a soft, out-of-focus green and blue.

It's helpful to have a **bright light** near the mirror to help you see. Also, a lint-free cloth will help dry your finger when the lens gets slippery.

Put the contact lens on your index finger.
Use your **middle finger** to hold your lower eyelid open.

Use your **opposite hand** to hold your upper eyelid open.





Slowly move the lens closer to the
center of your eye.

Once it touches your eye, slowly back your
finger away...

the lens will stay on your eye!

If it sticks to your finger, it means your
finger was too wet, so dry it off with the
paper towel and try again.

NEVER
rinse the lens
with tap water!



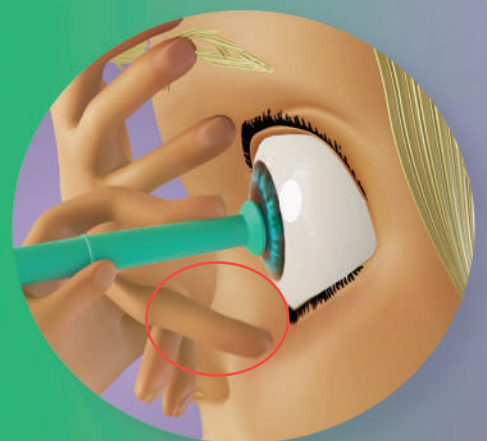
HOW TO REMOVE YOUR CONTACT LENS

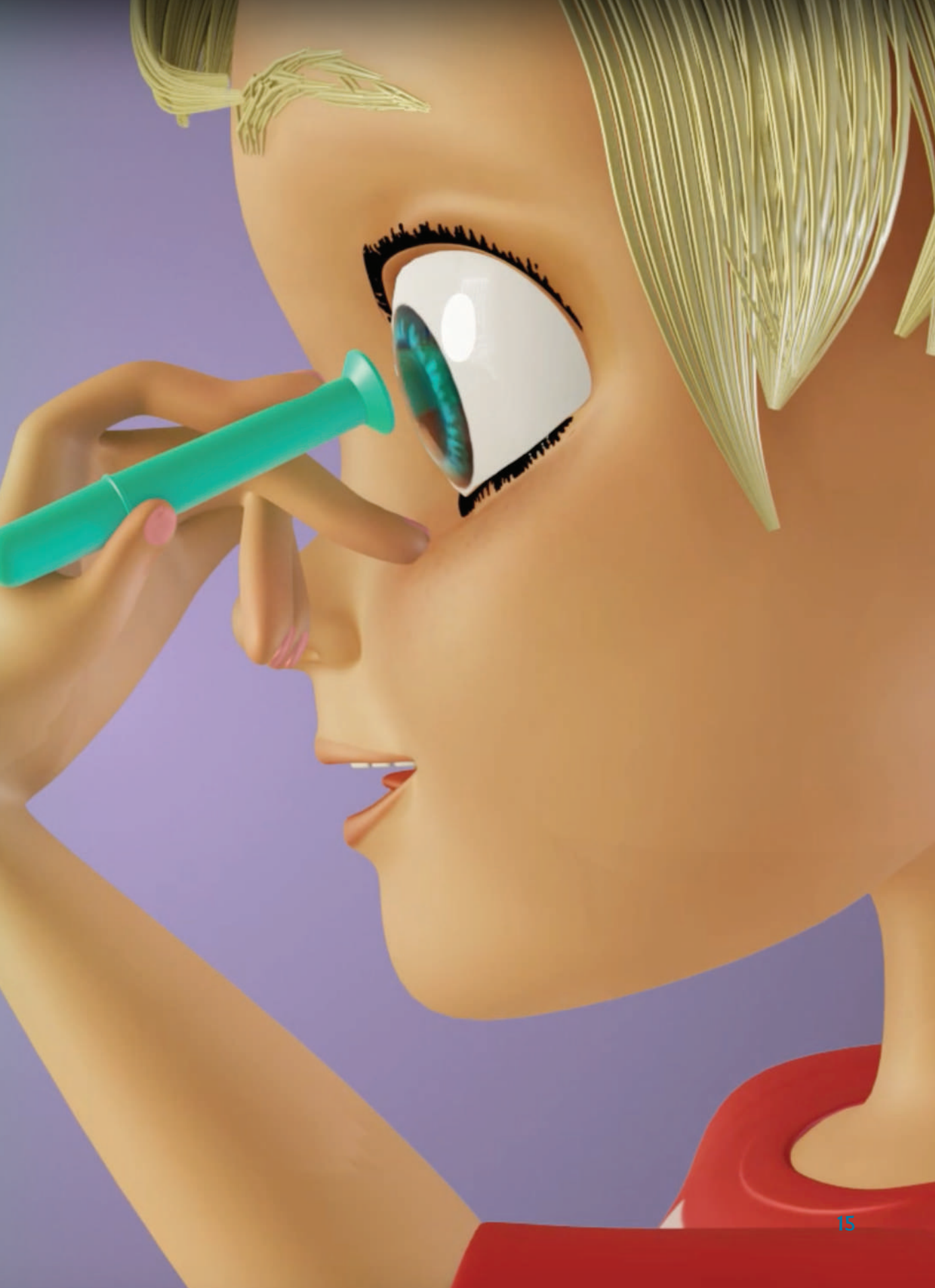
Start by **washing your hands** with soap and rinsing thoroughly.

Place an artificial tear eye drop in each eye. This **makes it easier** to remove your lens.

Hold the plunger between your **thumb and index finger**.

With the same hand, **use your middle finger** to hold your bottom eyelid open.







Look directly into
the mirror.

Use your
opposite hand
to hold the
upper
eyelid
open.

Slowly
move the
plunger straight
towards the
center
of the lens.

Once you make contact
with the lens, **slowly**
move the **plunger** away
from the eye.



If the lens does not come out on the first try, don't worry! Try again! You will get it!

This takes practice!

Just add another artificial tear eye drop in your eye and repeat the procedure.

Take your time!

Once you get it,
you will be so
proud of yourself!
The more you rush,
the more **frustrated**
you will become.



Place the lens in fresh GP Solution.



DO'S AND DON'TS



1. Never rinse or store your lenses in any water.
2. Don't pull the lens off the plunger.
Use your fingers to twist it off.
3. Don't reuse GP contact lens solution.
4. Don't dry your lens. Keep it moist with GP contact lens solution or artificial tear eye drops which makes it more comfortable.
5. Rinse your lens with GP contact lens solution if it falls off your finger.
6. Start early every night, never after 9 PM, because you'll be too tired.
7. Allow the lenses to settle in your eyes for at least 15 minutes before falling asleep.
8. When traveling, always store your lenses in the travel case with fresh GP contact lens solution. Make sure to close the contact lens case tight, so the solution does not drip out!
9. If your eye is red, is sensitive to light, or hurts don't sleep with your lenses that night. Tell your parents to tell your eye doctor.
10. Your doctor is always happy to answer any questions. Everyone is here to help!

THIS FEELS WEIRD!

Now that you've read this book, **are you ready?** It feels weird at first, but if your doctor says you're ready **be patient** with yourself.

It **will take some time** to get used to the lenses, but in a short time, you won't feel the contact lenses in your eyes!

You are very **lucky** that your eye doctor is helping you wear Corneal Reshaping Lenses. **Good luck** and **be proud of yourself!**



GLOSSARY

Artificial Tear Eye Drops

Eye drops used to lubricate your eye before inserting and removing your lenses. Brands include: Allergan Refresh Tears, Boston Reconditioning drops, Alcon Systane Ultra, among many others. Ask your eye doctor which is best for you!

Cornea

The front of the eye that gets reshaped while you sleep to help you see clearly during the day.

Corneal Reshaping Lenses

Contact lenses used to reshape the cornea while you sleep. This is also referred to as Orthokeratology, Ortho-k and OK-Lens.

GP Contact Lens Solution

Gas Permeable solution. This solution is used to store your lenses while traveling and also for rinsing. There are several brands you can buy in the store; ask your eye doctor which is the best one for you.

Lint-free cloth

A paper towel or cloth that does not have little particles which may bother you after inserting your lens. Toilet paper has a lot of lint, so don't use it to dry your hands!

Plunger

A special tool to help you take off your lenses.

Pupil

The black hole located in the center of the iris (colored part), which regulates the amount of light entering the eye.

Tap water

This is water that comes from your faucet. It should never be used since it often has germs which can hurt your eye. Only use GP solutions your eye doctor recommends.

A detailed illustration of a human hand, palm facing up, with the index finger extended. A clear, dome-shaped contact lens is balanced on the tip of the index finger. The background is a vibrant green at the top, transitioning to a blue band, and then a yellow band at the bottom. A red rectangular box is positioned in the lower-left area, containing text about the author.

Ready to learn all about your **CORNEAL RESHAPING LENSES?**

This book will teach
you how to handle your
lenses all by yourself!

ALL ABOUT THE AUTHOR

My name is Yichen and my favorite color is blue. My favorite animal is a cat and I have a little brother. I was in second grade and seven years old when I wrote this book.