

The logo for Menicon Z Night, featuring a stylized blue arc above a yellow semi-circle.

Menicon Z Night

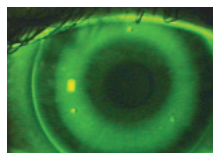
Fitting Guide

Getting to know the design

Menicon Z Night is a specially designed orthokeratology lens that changes the corneal shape when worn overnight for the correction of myopia and myopia with astigmatism. The initial lenses are individually tailored to each patient through use of the Easyfit Desktop software. Easyfit Desktop calculates the appropriate lens based on corneal topographic data, the patient's refraction and horizontal visible iris diameter (HVID).

Lens parameters

| | Menicon Z Night | Menicon Z Night Toric |
|---------------|---|---|
| BC | 7.15 mm to 9.65 mm (0.05 mm steps) | |
| Diameter | 10.20 / 10.60 / 11.00 mm | |
| Tangent | For Diameter 10.20: 54° to 62° (1° Steps) | Flat For Diameter 10.20: 54° to 62° (1° Steps) |
| | For Diameter 10.60: 53° to 61° (1° Steps) | For Diameter 10.60: 53° to 61° (1° Steps) |
| | For Diameter 11.00: 51° to 60° (1° Steps) | For Diameter 11.00: 51° to 60° (1° Steps) |
| Height | For Diameter 10.20: 0.44 mm to 0.61 mm (0.01 mm steps) | Flat For Diameter 10.20: 0.44 mm to 0.61 mm (0.01 mm steps) |
| | For Diameter 10.60: 0.54 mm to 0.74 mm (0.01 mm steps) | For Diameter 10.60: 0.54 mm to 0.74 mm (0.01 mm steps) |
| | For Diameter 11.00: 0.65 mm to 0.87 mm (0.01 mm steps) | For Diameter 11.00: 0.65 mm to 0.87 mm (0.01 mm steps) |
| Power | 0 to +4.00 D (0 by default) | |
| Material | Menicon Z (Dk 163 x 10 ⁻¹¹ (cm ² /sec) [mLO ₂ /(mL•mmHg)]) | |
| Colour | Right: Red / Left: Blue | |
| Fenestrations | 3 in the reverse zone | |
| Replacement | 1 year | |



Menicon Z Night fluorescein pattern

Indications

Menicon Z Night

Myopia ≤ -5.00 D
Astigmatism WTR ≤ -1.50 D
Astigmatism ATR ≤ -1.50 D

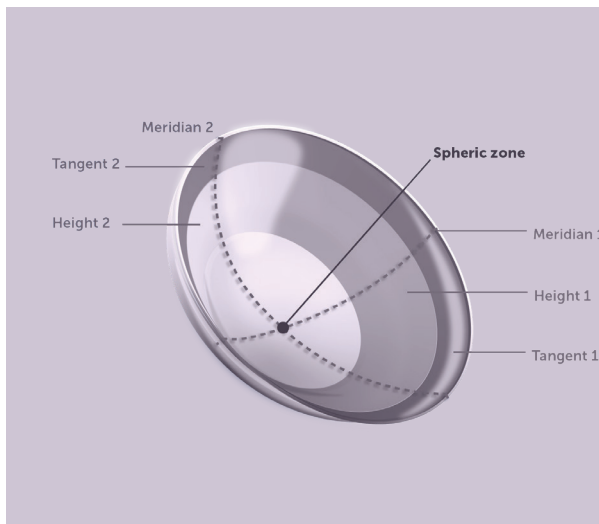
Menicon Z Night Toric

Myopia ≤ -5.00 D
Astigmatism WTR ≤ -4.00 D
Astigmatism ATR ≤ -2.00 D

Design

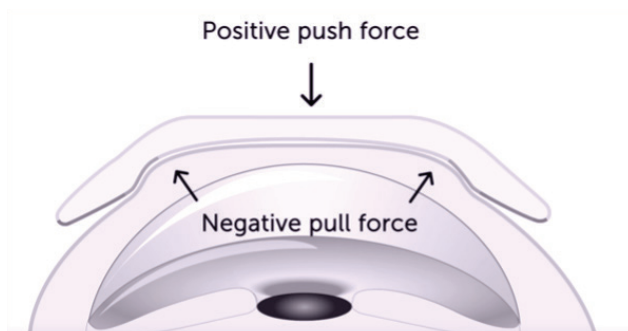


Menicon Z Night has a reverse geometry lens design. The lens has a spherical optic zone in the centre and a tangential zone in the periphery. These two zones are connected by a reverse curve.



Menicon Z Night Toric is suitable for eyes with a higher amount of corneal cylinder (especially peripheral cylinder). This peri-toric design results in two tangents and two heights. The correction zone remains spherical, just like the standard Menicon Z Night design.

Easyfit Desktop calculates which design is most suitable for the eye.



The reverse geometry of the lens creates hydrodynamic forces so that the tear film gives positive surface pressure in the centre and negative surface pressure towards the periphery of the treatment zone. This results in reshaping of the corneal tissue, mainly the corneal epithelium.

Topographer compatibility

Easyfit Desktop is compatible with the following topographers which have been extensively tested and validated within the system.

- BON Eyetop
- Cassini
- CSO Sirius
- Essilor AnaEyes
- Essilor WAM 700(+) / 800
- EyeTop 2005
- Haag-Streit
- Keratron
- Medmont Meridia v3 t/m v7
- Myopia Expert 700
- Nidek OPD-Scan III
- Oculus Easygraph
- Oculus Keratograph
- Oculus Pentacam
- Phoenix
- Rexam RET-700
- Rodenstock DNEye Scanner
- Shin-Nippon CT-1000
- Tomey RT-7000
- Tomey TMS-2 t/m TMS-5
- Topcon 7000
- Topcon 8100
- Topcon Aladdin
- Topcon CA-100
- Topcon CA-200
- Topcon CA-800
- Topcon MYAH
- Visionix VX-120 / VX-205
- Zeiss i.Profiler (plus)

Recommended Follow up Schedule

| | Lens calculation | Lens collection | Day 1 | Week 1 | Week 3 | Month 6 | Year 1 |
|-----------------------------------|---------------------|--------------------|---------|---------|---------|---------|--------|
| VA & refraction / residual rx | ● | | ● | ● | ● | ● | ● |
| HVID measurement | ● | | | | | | |
| Informed consent | | ● | | | | | |
| Over-refraction with CL | | ● | | | ● | | |
| Corneal topography | ● | | ● | ● | ● | ● | ● |
| Slit lamp examination without CL | ● | ● | ● | ● | ● | ● | ● |
| Slit lamp examination with CL | | ● | | | ● | | |
| Instructions (handling & hygiene) | | ● | ● | ● | ● | ● | ● |
| Treatment Effect Assessment | | | | | ● | | ● |
| Lens replacement | | | | | | ● | ● |
| Recommended timing of visit | | | Morning | Morning | Morning | | |

Mandatory ●

Optional ●

Important considerations

Tip 1

Measure the HVID

Remember to measure HVID manually in the topography scan. Some devices will overestimate or underestimate this value with the automatic measurement.

Tip 2

Topography quality

Corneal topographies are used by Easyfit Desktop to calculate the lenses. For the greatest success, please ensure the scans are of high quality before calculating the lenses.

If you would like to learn more about how to optimise topography scans, please review our Corneal Topography course on the Menicon Academy website.

Tip 3

Informed consent form

An Informed consent form lists the important points about the treatment that should be clearly understood by the patient before starting the treatment. The form should be read, signed and a copy retained in the office.

Tip 4

Slit lamp without lenses

Slit lamp without contact lenses should always be performed to check eye health.

Tip 5

Review instructions

Try to review lens handling and cleaning instructions with your patient as often as possible. Dirty lenses can jeopardise the safety and efficacy of the treatment.

Remember that lenses should be replaced annually to avoid any undesired effects or issues.

Tip 6

Cleaning and disinfection

Menicon strongly recommends MeniCare Pure (daily) and Menicon Progent (regularly) as the best combination for lens cleaning and disinfection.

Tip 7

Assess after three weeks

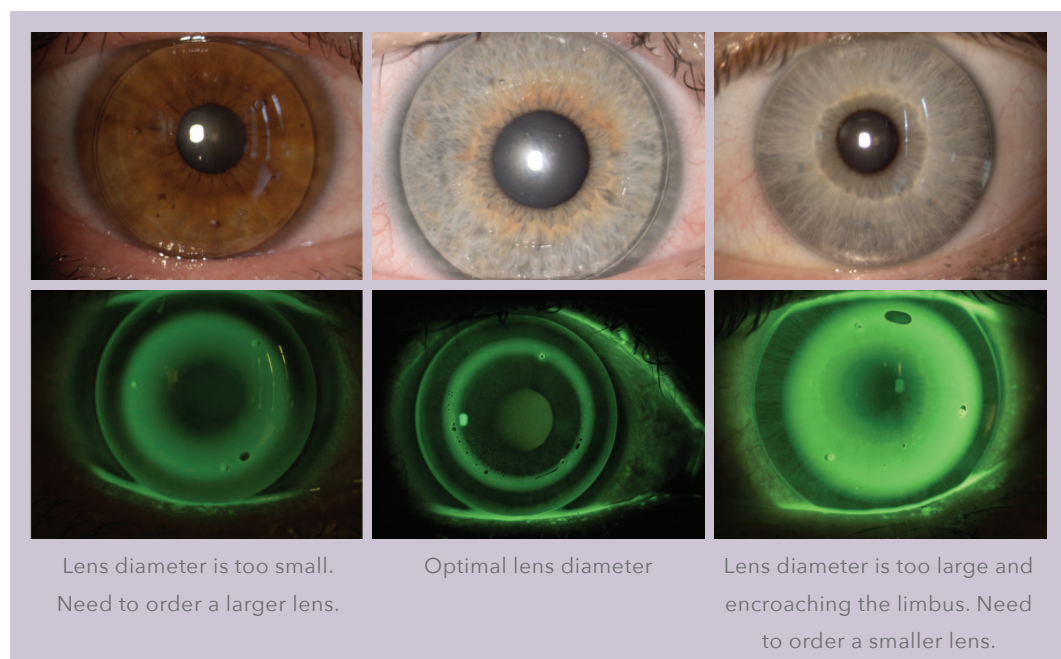
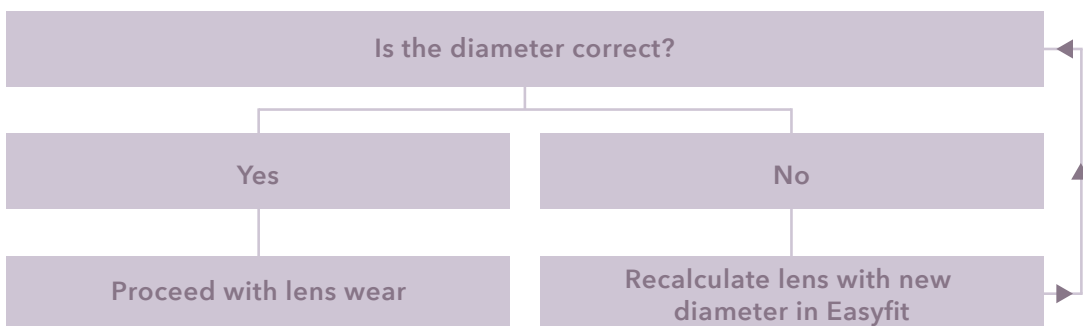
Remember that patients will need three weeks of use before the lens effect can be properly assessed. Visual acuity or residual refraction measurements prior to this time period only indicate the progress of the treatment, not its final effect.



Diameter Assessment before Lens Dispensing

The first evaluation that must be done when the lens arrives from the lab is to assess if the lens diameter is correct. When the lenses are placed on eye they should cover approximately 90 to 95% of the cornea. A lens that is found to be too large will encroach on the limbus and potentially cause discomfort and loss of effectiveness of the lens. A lens that is too small will generally be more unstable with possible decentration. It should be noted that typically a lens that is found to be too small is less likely to cause issues compared to a lens that is too large. If the diameter is found to be incorrect, a new lens with the correct diameter needs to be ordered, do not let the patient wear the incorrect lens(es) in the interim. Only when the correct lens diameter is present should you proceed to ask the patient to wear the lens.

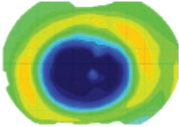
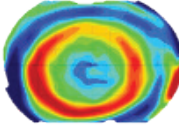
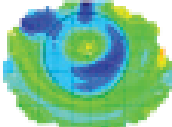
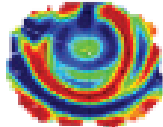
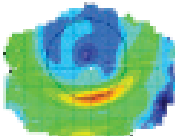
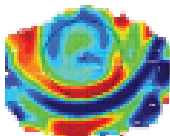
Please note that a careful and accurate measurement of the HVID at the initial visit will help to avoid any issues with reordering based on an incorrect diameter.



Difference map interpretation

The three week assessment visit will provide information about the total effect of the treatment with the lenses. Once topography scans are taken and imported in Easyfit Desktop, the axial and tangential difference maps will be provided.

Post-fitting difference maps can be classified into three major types based on lens position in the closed eye and the resulting shape and location of the treatment zone.

| | Axial / Sagittal Map | Tangential Map | Fitting performance |
|-----------------------|--|--|-------------------------|
| | Is the treatment zone as expected? | Is the centration as expected? | |
| Bull's Eye |  <p>Smooth and even flattening in central cornea</p> |  <p>Centred red ring</p> | Acceptable to excellent |
| Central Island |  <p>Uneven pattern in central cornea (less flattened zone)</p> |  <p>Centred red ring</p> | Excessive clearance |
| Smiley Face |  <p>Central cornea with or without smooth and even pattern (depending on decentration size)</p> |  <p>Superior decentration with red rings displaced upwards</p> | Decentration |

Troubleshooting

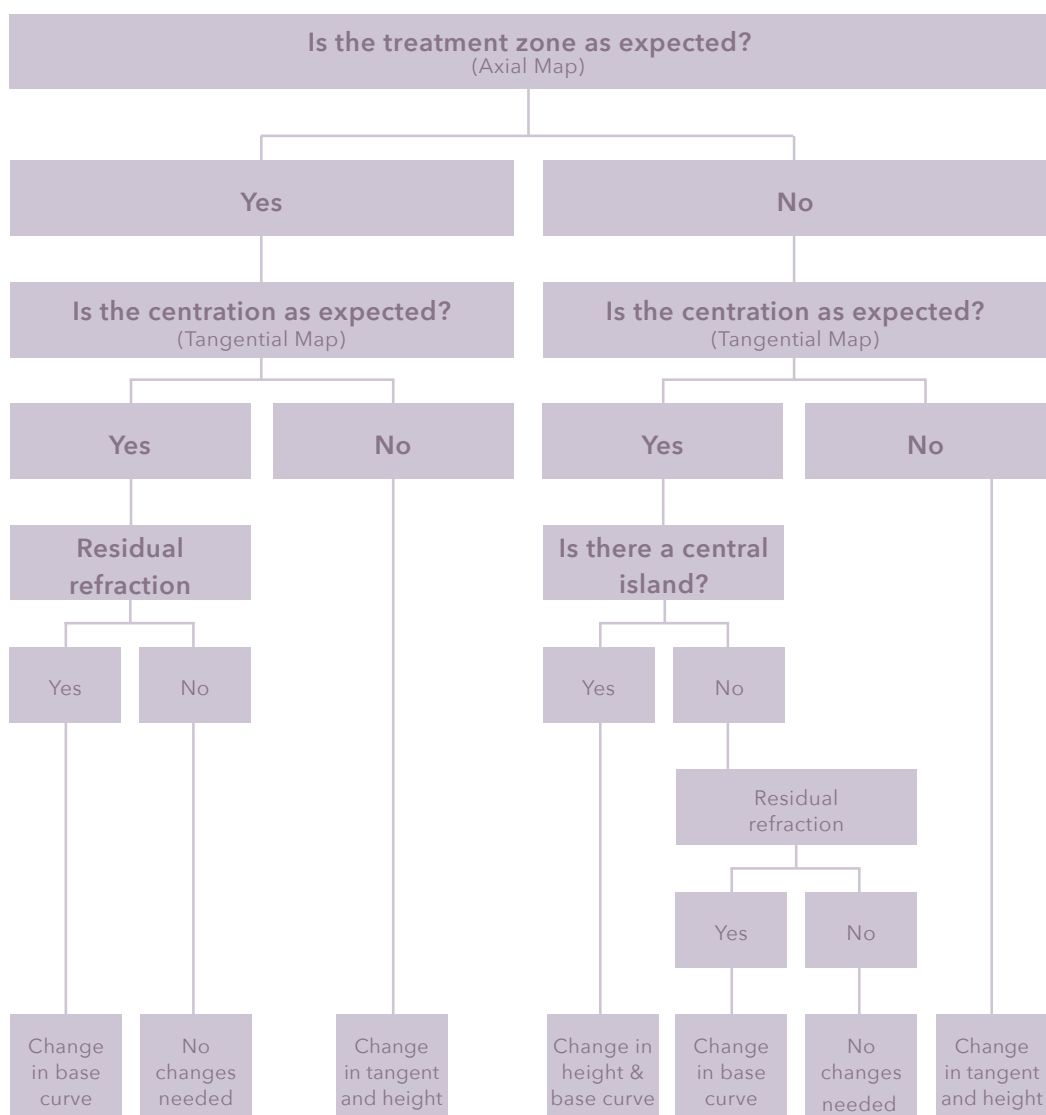
Easyfit Desktop will present these two difference maps and will help you interpret them by asking you specific questions. Depending on the answers, the suggested change in parameters will be different.

- **Is the treatment zone as expected?**

This question is related to whether the central flattening is smooth and even.

- **Is the centration zone as expected?**

This question is related to whether the treatment pattern is centred on the eye.



Lens Care

To keep Menicon Z Night lenses in optimal condition it is important to clean the lenses thoroughly every day.

We recommend cleaning with a multipurpose solution like MeniCare Pure (or MeniCare Plus) in the morning after removing them and storing them in a clean lens case with a fresh dose of MeniCare Pure (or MeniCare Plus).

If needed, we also recommend the use of SPRAY & CLEAN as an extra cleaner against oily (lipid) deposits.

Regardless of the daily cleaning solution used, we always recommend a deep cleaning with Menicon Progent regularly. Menicon Progent is an intensive cleaner and very effective in removing any invisible residual deposits that may remain on Menicon Z Night lenses.

For patients who have problems with multipurpose solutions (accessibility, allergies), certain hydrogen peroxide solutions may be substituted.

Proper lens maintenance is essential for optimal lens performance and comfortable, safe lens wear.

For trial lens management, please visit the Menicon website for additional guidance about caring for your trial sets in the Hygienic Management of Multipatient Use of Rigid Gas Permeable Trial Lenses guide.





Menicon Ltd.

Gatelodge Close Round Spinney
Northampton NN3 8RJ England

+44 (0)1604 646216
enquiries@menicon.co.uk

www.menicon.co.uk

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