



Patient Monitoring Schedule

Menicon Z Night Patient Monitoring Schedule

Orthokeratology is considered a treatment and not simply adjusting and dispensing lenses. It is essential to monitor and track how the treatment is progressing to provide insights into lens performance and to avoid issues that could negatively impact the treatment's effectiveness. Regular monitoring will also provide valuable information about patient compliance with their treatment plan.

This brochure provides some guidance and recommendations for a complete patient monitoring schedule for Menicon Z Night. Some expected findings and recommended evaluations to perform at each visit are highlighted.

1st night

- **Visual Acuity:** Variable and depends on amount of refractive reduction needed
- **Corneal health:** Look for corneal staining and infiltrates
- **Scans:** Slight modification of the corneal shape

1st week

- **Visual Acuity:** Increased refractive reduction
- **Corneal health:** Look for corneal staining and infiltrates
- **Scans:** Greater changes in corneal shape



NOTE: the recommended follow up schedule for Menicon Z Night can vary slightly depending on each market and each individual practice

3rd week

TOTAL EFFECT ACHIEVED

- **Visual Acuity:** Maximum
- **Corneal health:** Look for corneal staining and infiltrates, papillary reaction, neovascularisation and/or hyperemia
- **Scans:** Final corneal changes
- **Order lens exchange (if needed)**

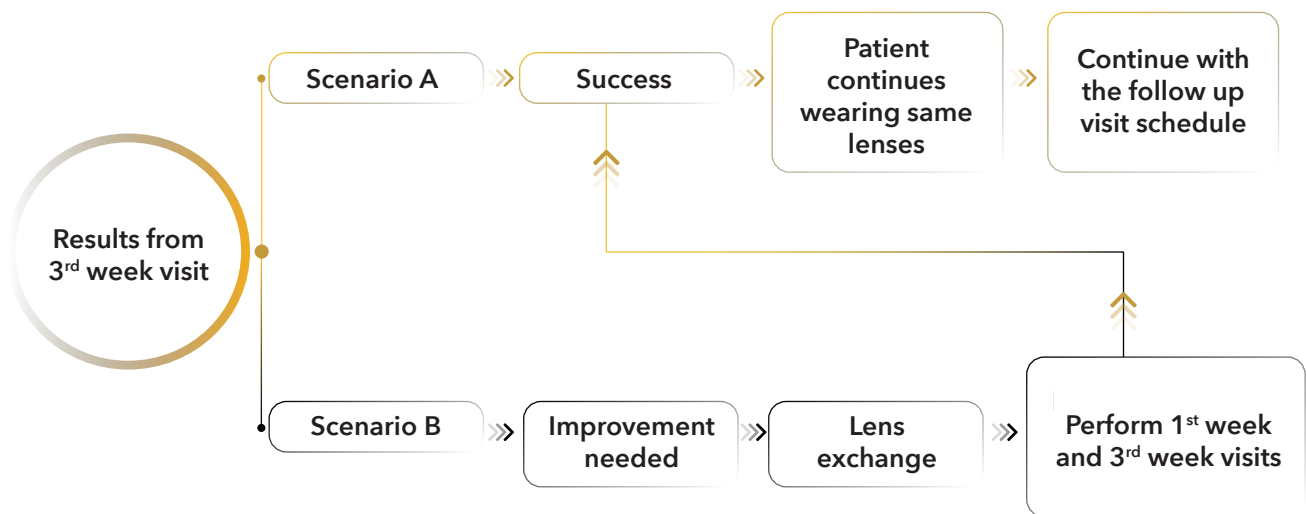
2nd and 6th month

NO CHANGES EXPECTED

- **Visual Acuity:** Maximum
- **Corneal health:** Look for corneal staining and infiltrates, papillary reaction, neovascularisation and/or hyperemia
- **Scans:** Final corneal changes
- **Order lens exchange (if needed)**

Assessing the treatment effectiveness

The primary purpose of the 3 week follow up is to evaluate the effectiveness of the Menicon Z Night treatment. This involves evaluating vision, differential topography maps and eye health. We expect the final corneal results with the lenses to be achieved by the 3 week visit.

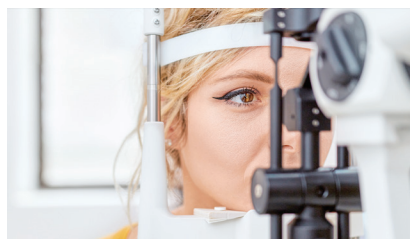


NOTE: Easyfit Desktop automatically makes the necessary lens changes to achieve the optimal treatment pattern based on your topographical analysis.



VA & Refraction

- The patient **must remove the lenses** from their eyes after waking up each morning.
- The **unaided VA should be recorded** at each visit to track the treatment progress.
- A **refraction** should then be performed and noted with the best corrected VA.



Corneal health

- A **slit lamp examination without the lenses** is performed with fluorescein to check for any significant clinical differences in the cornea after lens wear.
- At a minimum, we should always check for **corneal staining** at each visit.



Corneal topography

- **Differential axial and tangential topography map analysis.**
- These difference maps are calculated by comparing the most recent map with the baseline map. The results provide insights into the **correction and centration of the lens effect.**



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