

適合配戴人士

Who is suitable for orthokeratology?

適合近視450度以下及散光150度以下，
或是近視持續加深之學童配戴。

Myopia under -4.50DS; astigmatism under -1.50DC or
those who want to control the progression of myopia.

特別注意

SPECIAL CAUTION



正確鏡片戴除方法及清潔護理程序，避免眼睛受感染。
Proper lens insertion, removal and cleaning regimen are
essential to minimize the risk of infection.

學童應在家長的監察或協助下使用角膜矯形鏡，注意個人衛生。

Kids wearing orthokeratology lenses should be monitored /
supervised by parents for hygienic purpose.

每天徹底清潔及消毒鏡片及鏡盒和定期進行除蛋白程序。
Lenses should be thoroughly cleaned and disinfected
everyday. Protein removal has to be done on a regular basis.

矯視效果因人而異，並可能需要在過程中配戴過渡性的
眼鏡作輔助。

The outcome of orthokeratology varies from individuals. A low
power prescription glasses might be needed during the day.

理大護眼中心 POLYVISION EYECARE CENTRE

銅鑼灣 Causeway Bay

香港銅鑼灣勿地臣街1號
時代廣場1座1703-1705室

Room 1703-1705,
Tower One, Times Square,
1 Matheson Street,
Causeway Bay, Hong Kong

電話 Tel. (852) 2866 9660

尖沙咀 Tsimshatsui

九龍尖沙咀廣東道5號
海港城海洋中心1217-1218室

Room 1217-1218, Ocean Centre,
Harbour City, 5 Canton Road,
Tsim Sha Tsui, Kowloon

電話 Tel. (852) 2750 9660

沙田 Shatin

新界沙田白鶴汀街10-18號
新城市商業大廈810-812室

Room 810-812, New Town Tower,
10-18 Pak Hok Ting Street,
Shatin, New Territories

電話 Tel. (852) 2153 9660

太古 Taikoo

香港鰂魚涌康山道1號
康怡廣場辦公大樓1201-1203室

Room 1201-1203,
Kornhill Plaza Office Tower,
1 Kornhill Road,
Quarry Bay, Hong Kong

電話 Tel. (852) 2377 9660

旺角 Mongkok

九龍旺角彌敦道639號
雅蘭中心辦公樓1期2102-2105室

Room 2102-2105,
Office Tower One, Grand Plaza,
639 Nathan Road,
Mongkok, Kowloon

電話 Tel. (852) 2780 9660

荃灣 Tsuen Wan

荃灣眾安街68號
荃灣千色匯1期2301-02及07-08室

Room 2301-02 & 07-08,
KOLOUR • Tsuen Wan I,
68 Chung On Street,
Tsuen Wan, New Territories

電話 Tel. (852) 2245 9660

理大護眼
PolyVision
www.polyvision.com.hk

角膜矯形控近視 ORTHOKERATOLOGY IN MYOPIA CONTROL



甚麼是角膜矯形術 WHAT IS ORTHOKERATOLOGY

是一種非手術性矯正視力方案，沒有由手術引起的風險或後遺症。

It is a non-surgical procedure, thus free from any risks or side effects related to surgery.

利用特製的高透氣隱形眼鏡片，逐步改變角膜弧度，從而減低近視，使視物焦點可以集中於視網膜上，另外有研究顯示此方案能有效減慢近視加深的速度。

Using high oxygen transmitted lenses to alter the shape of the cornea in order to decrease myopia; images can then be formed back on the retina. It can also be used to slow down the progression of myopia.

通常在夜間睡眠時配戴，學童於早上摘下鏡片後，不用配戴眼鏡仍能清晰的視力，做運動時也較方便和安全。

Lenses are to be worn overnight, during sleeping hours and be removed on awakening. Orthokeratology lens wearer can have clear vision and be free of any spectacle aids during most waking hours. It's safer and more convenient for those playing sports.

角膜弧度的改變屬暫時性，如不連續配戴，角膜會逐漸還原至原有弧度。

Changes in corneal curvature are only temporal. The cornea will always return to its original shape if lens wear is stopped.

根據香港理工大學近視研究中心調查結果顯示，配戴角膜矯形鏡片的兒童近視加深速度比配戴普通眼鏡的兒童減慢一半。

According to previous researches done by The Centre for Myopia Research of the Hong Kong Polytechnic University, the progression of myopia is decreased by 50% on those children wearing orthokeratology lens, compared to those wearing normal glasses.

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有興趣考慮配戴

Interested in orthokeratology lenses?

考慮角膜矯形術的家長，應先帶子女接受「全面眼科視光檢查」及角膜矯形評估。在初期及往後的部分覆檢中，眼科視光師會定期替學童進行眼科視光檢查和更換新的鏡片，以確保鏡片的弧度正確及角膜健康。

Those who are interested should undergo a comprehensive eye care examination and an orthokeratology assessment. Regular aftercares will be performed by optometrists during lens wearing period; lenses will be changed according to corneal changes to ensure a healthy cornea.

理大護眼轄下的眼科視光師均屬第一部份註冊，能夠使用診斷藥物作角膜矯形術前的全面眼科視光檢查。各中心均設有角膜矯形的週全配備及提供可行性評估、試戴、訂造鏡片(需時約2至4星期)、配戴及跟進護理服務。

All optometrists in PolyVision, registered Part I optometrists, are able to use diagnostic drugs to perform a comprehensive eye examination before any orthokeratology begins. All centres are well equipped and available for all the assessment, trial lens fitting, lens ordering (2-4 weeks), lens wearing and follow up service.

常見問題 FREQUENT ASKED QUESTIONS

Q1

戴角膜矯形鏡能將近視度數減至零嗎？

Can myopia be decreased to zero by wearing orthokeratology lenses?

角膜矯形只能減慢近視加深速度，不能將原有的近視度數永久減少及消除。

Orthokeratology lenses can only slow down the progression of myopia; existing myopia prescription cannot be treated or cured.

Q2

戴角膜矯形鏡安全嗎？

Is orthokeratology lenses safe to wear?

配戴隱形眼鏡都有一定風險，只要依足指示，遵守建議配戴時間、適當地配戴和清潔鏡片，戴角膜矯形鏡是不會對眼睛造成傷害的。若在戴鏡時或戴鏡後有任何不適，應立即停戴並盡快聯絡眼科視光師。患有眼疾、乾眼症、眼睛過敏或睡眠時間不穩定的人士，則不宜配戴。

There are potential risks for any contact lens wear. If patients can follow the given instructions in lens wearing schedule and lens cleaning, orthokeratology lenses will cause no harm. In case of any discomfort during lens wear or after lens removal, please stop lens wear and contact the optometrist. Those having eye diseases, dry eye syndrome, eyes allergy or non-regular sleeping hours are not suitable.

Q3

戴角膜矯形鏡後視力會改善嗎？

Can orthokeratology lenses improve our eyesight?

效果因人而異，移除鏡後是否看得清楚，要視乎個人眼睛情況，其中包括：

- 原本的近視及散光度數的深淺
- 角膜弧度和堅韌度
- 鏡片定位 (睡覺時有否揉眼令鏡片移位)
- 每晚的配戴時間 (睡眠時間)
- 淚水分泌是否足夠等

上述各項因素，均有機會影響角膜矯形的效果，引致在日間或黃昏時視力出現鬼影或模糊不清，個別情況或需配戴眼鏡輔助。

Outcome varies from individuals. Whether one can have good vision after lens removal depends on individual, factors include:

- Degrees of myopia and astigmatism
- Corneal curvatures and corneal stiffness
- Lens centration (any eyes rubbing causing lens dislocation during sleep)
- Wearing time (sleeping hours)
- Tears adequacy

Non-ideal corneal curvature change or residue myopia will end up with mildly blurry vision during the day or later in the afternoon, glasses might be needed to help accordingly.

Q4

睡覺時揉眼會影響療角膜矯形效果或眼睛健康嗎？

Will eyes rubbing during sleeping hours affect the outcome or the health of the eyes?

會，若揉眼令鏡片移位，當翌日早上除鏡後，視力會受影響及有機會擦損角膜表面。輕微的角膜表皮損傷，在除鏡後的數小時內會自癒，嚴重的需要立即停戴或轉介眼科醫生。

Yes. If orthokeratology lens is dislocated from eyes rubbing, vision might be affected in the morning and the cornea might be scratched. Minor corneal injury will be recovered few hours after lens removal. Serious corneal injury must cease lens wear and / or refer to the Ophthalmologist.

Q5

配戴期間需要經常更換鏡片嗎？

Is frequent lens change necessary during the lens wearing period?

要視乎本身的近視及散光度數、角膜反應及療程效果而定。如近視度數已消滅，或可繼續使用同一對鏡片；如有剩餘度數，眼科視光師可能需要更換鏡片改善整體效果。另由於角膜矯形鏡的物料透氧度高，較容易刮花及出現沉積物，一般建議每年更換鏡片，保持鏡片衛生和眼睛健康。

Lens change depends on the power of myopia and astigmatism, corneal reaction and outcome. Same lens might be used if there is no residue myopia and fitting is optimal. Optometrist might need to have minor adjustments with the orthokeratology lens if there is any residue myopia in waking hours. Since the high oxygen transmitted orthokeratology lenses can easily be scratched or have an accumulation of deposits, yearly lens replacement is suggested to maximize hygiene and corneal health.

Q6

經過數年的角膜矯形後，仍需配戴鏡片及覆檢嗎？

Do I still need to do follow up or wear lenses after few years of orthokeratology?

若以取代眼鏡或隱形眼鏡為目標，配戴者需持續使用，方可保持穩定的日間視力。若以近視控制為目標，一般近視控制方案普遍可在青春期後完結，配戴者可決定繼續配戴或轉戴眼鏡或隱形眼鏡。由於角膜矯形術對衛生、鏡片質素、配戴和處理方法要求甚高，切勿自行評估眼睛狀況及自行減少覆診次數，並須依眼科視光師指示，每3至6個月進行覆檢。

If orthokeratology lens is a replacement for spectacles or contact lenses, you have to keep wearing the lenses in order to stabilize the daytime vision. If orthokeratology lens is used to control the progression of myopia, procedure can be ceased after puberty. Patients can then choose to wear spectacles or contact lenses, or continue with orthokeratology lenses. Since hygiene, lens quality and wearing time are crucial in orthokeratology, patients should follow all the instructions given by the optometrist, regular checkups every 3-6 months, never skip any follow up appointments.