

# FREQUENTLY ASKED QUESTIONS ABOUT

## Abiliti™ Overnight Lenses



### What is orthokeratology?

Orthokeratology, or ortho-k, is the use of contact lenses (like Abiliti™ Overnight) to temporarily reshape the cornea<sup>1</sup>. It's an FDA approved treatment that's been used for more than 15 years.<sup>2</sup> Ortho-k is often compared to dental braces since those are more widely understood and the concept is similar. The temporary reshaping of the cornea can improve vision and help manage myopia.<sup>1</sup> Eye doctors fit the lenses specifically to the measurements of your eye, and they're worn while you sleep, often eliminating the need for daytime glasses or contacts.<sup>3,4</sup> It can take a couple of weeks or so to achieve the optimal vision correction from orthokeratology, but some patients experience remarkable vision improvement in only a few days.<sup>3</sup>

### I thought it was unhealthy to sleep in contact lenses.

Abiliti™ Overnight lenses were specifically designed to be worn while you sleep. They are a hard lens designed for comfort, with features that help retain moisture, and provide high oxygen flow to the eye, which is important to keep eyes healthy.<sup>1</sup> Abiliti™ Overnight lenses are FDA approved and safe when used as intended.<sup>3</sup> In three studies accounting for over 200 patient-years of wear, no serious adverse events (or serious complications) were found with Abiliti™ Overnight lens wear.<sup>1</sup>

### How long does it take to reach good vision?

Typically, we expect for at least half of the correction to take effect after the first night. It can take up to three weeks to achieve optimal vision correction that holds all day, but some patients experience remarkable vision improvement in only a few days. The recommended wearing time each night is at least 6 hours, and optimally 8 hours, for best results.<sup>3</sup>

### What happens if my child misses a night of wear?

Missing a night of wearing your Abiliti™ Overnight lenses may result in slightly blurred vision the next day, depending on the level of correction and vision needs. While it's not recommended to skip wear at night, it is understandable that situations may arise where you are unable to wear the lenses. This may include situations such as sickness, falling asleep unintentionally, or bedtime in an unfamiliar environment where the proper sanitary conditions are not available to handle the lenses safely (ex. camping). In these circumstances, a night of lens wear may be skipped, and lens wear should be resumed when it is safe and healthy to do so.

### Is the orthokeratology effect permanent?

Orthokeratology does not permanently change the shape of the eye. The shape of the eye will revert back to its original shape after discontinuing the lens wear. After discontinuation, you can choose to proceed with other myopia management treatment options.

## How many years does my child have to wear these lenses?

It's recommended to wear Abiliti™ Overnight lenses during growing years and through college to best manage myopia, as their vision can continue to change while they spend so much time focusing on near tasks or time indoors.<sup>5-7</sup>

## Are there any risks of wearing Abiliti™ Overnight lenses?

As with all contact lenses, there is a small risk of side effects. The most common side effects include corneal edema (or swelling) and corneal irritation. The most severe is microbial keratitis, which can be sight-threatening.<sup>8</sup> These side effects can occur for wearers of any type of rigid contact lenses, including ortho-k. Abiliti™ Overnight lenses are safe when used as intended, with no serious adverse events reported in FDA clinical trials.<sup>3</sup> It's important to follow the lens handling, cleaning, and care instructions as directed by your eye doctor to ensure safe wear.

## What happens when we stop Abiliti™ Overnight treatment?

The treatment effect from Abiliti™ Overnight is temporary, so when you stop wearing the lenses, the shape of the cornea returns to its pre-treatment shape.<sup>1</sup>

## Can I see while wearing Abiliti™ Overnight lenses?

Yes, you can see while wearing the lenses, so if you wake up at night briefly, you can see well enough with them to, for example, use the restroom. However, the lenses are designed to be worn while sleeping and not while awake, so it's recommended to put them on right before bed and take them out first thing in the morning.<sup>3</sup>

\* Previously marketed under Menicon Z Night.

• For the purposes of refractive correction, the lenses are indicated for reducing refractive error up to 6.00D of myopia and up to 1.50D of astigmatism. Results may vary by patient and prescription level.

1. JUV Data on File 2023. ACUVUE® Abiliti™ Overnight Therapeutic Lenses for Myopia Management - Consolidated, Approved Claims List; U.S. Only Claims.
2. Data on File 2023. Menicon Initial CE approval 2006.
3. Data on File 2023. Instruction For Use (FDA).
4. Data on File 2023. Menicon Design History file.
5. Huang HM, Chang DS, Wu PC. The Association between Near Work Activities and Myopia in Children-A Systematic Review and Meta-Analysis. *PLoS One*. 2015 Oct 20;10(10):e0140419.
6. Wu PC, Chen CT, Chang LC, Niu YZ, Chen ML, Liao LL, Rose K, Morgan IG. Increased Time Outdoors is Followed by Reversal of the Long-Term Trend to Reduced Visual Acuity in Taiwan Primary School Students. *Ophthalmology*.
7. Kohmarn T, Srisurattanmethakul N, Watcharapalakorn A, Poyomtip T, Poolsanam C. Outbreak of COVID-19-Related Myopia Progression in Adults: A Preliminary Study. *Clin Optom (Auckl)*. 2022;14:125-131. Published 2022 Aug 4. doi:10.2147/OPTO.S374155
8. Contact lens associated microbial keratitis: practical considerations for the optometrist. *Dovepress Clinical Optometry*. Jan 29, 2016. Accessed July 19, 2023.

**Important Safety Information for Contact Lens Wearers:** ACUVUE® Abiliti™ Overnight Therapeutic Contact Lenses are available by prescription only for the management of myopia. An eye care professional will determine whether these contact lenses are right for you. Although rare, serious eye problems including vision loss and blindness can develop while wearing contact lenses. To help avoid these symptoms, follow the wear and replacement schedule and the lens care disinfection instructions provided by your eye care professional. Do not wear these contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, remove the lens and contact your eye doctor immediately. For more information on proper wear, care and safety, talk to your eye care professional, review the Patient Instruction Guide, call 1-877-334-3937, or visit [www.seeyourabiliti.com](http://www.seeyourabiliti.com).

**Johnson & Johnson  
MedTech**



Scan the QR code  
to learn more about  
Abiliti™ Overnight.