Johnston Ocular Prosthetics, Inc. has provided quality service and patient satisfaction since Edwin R. Johnston, BCO, FASO began making ocular prosthetics in 1954. Our board certified ocularist is a highly trained technician skilled in the art of fitting, shaping and painting ocular prosthetics. At Johnston Ocular Prosthetics. Inc. we strive to provide you with a credible professional technician offering you a custom-made, well-fitting prosthesis (artificial eye) along with ongoing care. Our patients, whether new or existing are always given personal attention and guaranteed unsurpassed quality. We find it richly rewarding to work with both Ophthalmologists and patients to provide an unparalleled level of service. You'll receive the finest support and quality products available anywhere.

#### **OUR STAFF**

Lisa C. Johnston, BCO, BADO is a fifth generation ocularists. This rare exposure to the profession has given her a unique perspective regarding the needs and demands of prosthetic eye care. Lisa has been an ocularist since 1994, though she has worked with her father, Edwin R. Johnston, BCO, FASO, since childhood. She earned her BADO diploma in 1999 and was certified by NEBO in 2000.

Our Business Manager and Staff, oversees insurance coverage, appointments and computer and website management and communications. The office and website provide open lines of communication to hospitals, clinics, doctors, and Ophthalmologist along the East Coast.

#### **∞ PROTHETIC EYE CARE** ○ **3**

Congratulations! You are the proud owner of a new prosthesis (artificial eye). To increase the life, comfort and quality of your new artificial eye, proper care will be required. This guide is designed to help answer questions on care and maintenance.

Your new artificial eye is made from layers of the highest quality acrylic resin. The iris and scleral regions of your eye are duplicated with detail by the hands of your ocularists. The highly skilled team at Johnston Ocular Prosthetics, Inc continues to incorporate the time-honored craft of eye-making with today's latest technology and advances.

Our patients whether new or existing are always given personal attention and guaranteed unsurpassed quality. Should you have concerns or questions, please feel free to contact our office

#### **REMOVING YOUR PROSTHESIS**

- 1. Be sure your hands are thoroughly clean.
- 2. In order to prevent scratches, breaking or loss, Place a soft towel over your lap or sink.
- 3. Tilt your head slightly upward while looking up. This will create a gravity-fed position for easy removal. Keep one hand close to your cheek to maintain control of your eye.
- Run the forefinger of your opposing hand by your nose till it touches your lower lid. Gently press and stretch the lower lid toward the cheekbone. This will bring the bottom edge of your prosthesis into view.
- Once the lower edge of the prosthesis is outside your lower lid margin, look down.
   Now gently pull the prosthesis and gravity will cause the prosthesis to come out.

## STEPS TO CLEAN AND MAINTAIN YOUR PROSTHESIS

- Simply wash the prosthesis between your hands with hot water and any non-abrasive, fragrance-free, and moisturizer-free soap. A good example is Johnson & Johnson's "No Tears" Baby Shampoo.
- Your Ocularist may tell you to soak your prosthesis with hydrogen peroxide for 10-15 minutes once or twice a week.
   IMPORTANT!!! DO NOT DO THIS UNLESS YOUR OCULARIST TELLS YOU TO!

#### How to Reinsert Your Prosthesis

- 1. Make sure your hands are thoroughly clean, and your prosthesis has been washed with hot water and a non-abrasive, fragrance-free, and moisturizer-free soap.
- 2. With a soft cloth in your lap or sink, look down.
- Hold your prosthesis close to your cheek.
   Using the index finger of the opposing hand, pull the upper lid open and away from the socket.
- 4. Gently press the prosthesis into your socket under the upper lid. Once it's under the upper lid, continue to hold it in place.
- 5. Now take the index finger of the opposing hand and gently pull down on the lower lid.
- Once the bottom edge of the prosthesis is inside the lower lid margin, push the prosthesis in the socket and release the lid.

## STEPS TO CLEAN AND MAINTAIN A HEALTHY EYE SOCKET

Remember, sometimes grit, pollen, eyelashes, etc., get behind your prosthesis and cause irritation. Please don't ignore this as it could lead to inflammation and/or infection and discomfort.

To keep your socket healthy and clean, <u>do</u> <u>this every day</u>:

With or without removing the prosthesis, thoroughly flush your socket 2-3 times with saline solution (you can buy this from your local drug or discount store). We're not talking about putting 1 or 2 drops in either! You'll want to use enough solution to force any irritant from behind your prosthesis to the front where the liquid will carry it away. In addition to this, you can just step in your shower! Let the gently flowing, warm water completely flush your eye socket.

If you make this a part of your daily routine, you'll not only feel better, but you'll help lengthen the life of your artificial eye as well.

## MORE TIPS TO PROLONG THE LIFE OF YOUR PROSTHESIS

We recommend you have your prosthesis machine polished at least two times a year (unless instructed otherwise). Having this done will provide you a good fit and more comfort. We've set up clinics throughout the area for your convenience.

There may be times when you experience discomfort or have questions. Remember, we're here for YOU. Don't hesitate to call us. Our highly skilled staff can help you with most of your needs. If you have an excessive discharge or irritation for more than three days, call your Ophthalmologist.

By taking good care of your prosthesis, you can expect to enjoy it for 3-5 years. Not only will it enhance your appearance, but it'll be comfortable as well.

Johnston Ocular Prosthetics, Inc. is a private practice not affiliated with any other medical entity. All patient are directed to return to their referring physician for follow-up eye care.

## WHAT IS A BOARD CERTIFIED OCULARISTS?

A Board Certified Ocularist (BCO) is credentialed by the National Examining Board of Ocularists (NEBO). The NEBO was chartered in November 1980 and currently operates as an independent agency whose primary function is the assessment of competence of ocularists of the professionals who fit and fabricate ocular prostheses (artificial eyes). The NEBO is chartered to develop, maintain and administer a certification examination as a means of attesting to the competency of the Ocularist. In addition, NEBO issues renewable and dated certificates, and maintains a registry or list of those who are currently certified.

\*www.neboboard.org
\*www.ocularist.org

# WHY CHOOSE A BOARD CERTIFIED OCULARISTS?

An Ocularist is a carefully trained professional skilled in the science and art of fitting, fabricating and painting ophthalmic prostheses (artificial eyes). In addition to creating it, the Ocularist shows the patient how to handle and care for the prosthesis, and provides long-term care through periodic examinations and replacements.

Many insurance companies realize the value of offering patients coverage with a BCO, rather than with non-certified "Ocularists."

You have chosen wisely in selecting Johnston Ocular Prosthetics, Inc.

## **Now Serving**



#### **North Carolina**

Benson Charlotte Greenville Raleigh

## Georgia

Savannah

#### **Office Hours**

Monday thru Thursday 9:00-5:00

To schedule an appointment online: www.JOPInc.com

Johnston Ocular Prosthetics, Inc Post Office Box 1201 Benson, NC 27504-2201

# Your Professional Source For Custom Ocular Prosthetic Eye Care

With Over 50 Years of Experience!



# JOHNSTON OCULAR PROSTHETICS, INC.

Post Office Box 1201 Benson, NC 27504-2201

Phone: 919-207-2515

Toll Free: 866-895-1840

Fax: 919-894-1335

Website: www.JOPInc.com