

Virtual Keratoconus Monitoring Clinic

What is Keratoconus?

Keratoconus is a condition that makes the clear front part of the eye (cornea) thinner and more cone-shaped over time. This can blur vision and cause irregular astigmatism. It often begins during your teens or young adulthood and can progress at different speeds in different people.

Rubbing your eyes and allergies can make Keratoconus worse. Try to avoid eye rubbing and treat allergy symptoms as advised.

Patients with keratoconus who are suitable for virtual monitoring will be identified and informed that they have been moved to the virtual keratoconus pathway.

Before your virtual clinic review

For your scans to be reliable, please take off your soft contact lens 1-2 weeks before your appointment and take off your rigid gas permeable or scleral contact lens 2-4 weeks before your appointment.

How the virtual clinic works

If you are eligible for virtual review then you will be booked into our Virtual Clinic, this means you will only need to visit us for your diagnostic appointment and the Clinician will review these and then advise you by a letter of the outcomes and next steps for you.

Virtual pathways have safely increased access and helped identify when you may need to be seen in person by the Clinical team.

Why follow-up matters

Keratoconus can get worse faster in younger patients and in steeper corneas. When this happens, closer follow-up is needed to help protect your eyes.

Signs to watch for between visits

- New or worsening blurry or ghosted vision, more glare or halos, or frequent changes in glasses prescription
- Sudden painful red eye with a drop in vision can be a corneal problem; seek urgent care by calling the Corneo Clinic Line 01342 414040, option 1.

Treatment options:

- Glasses or soft contact lenses
- Rigid gas-permeable or scleral lenses can be considered if the vision is not improving with glasses
- Corneal cross-linking (CXL) strengthens the cornea by creating new bonds between collagen fibres, making them stiffer and more stable to help halt keratoconus progression.
- Other procedures (for select cases) include intracorneal ring segments.

Your next steps after your diagnostic appointment

Your vision measurements and corneal scans are reviewed by trained eye care professionals. Virtual monitoring is helping us increase the capacity of our clinics while identifying patients who need treatment.

The clinic will contact you by telephone or letter with the results. If your condition is stable, the plan is continued monitoring. If progression is found, you will be contacted to discuss the possible need for corneal crosslinking.

Please keep your scheduled imaging appointments.

Your next steps after your diagnostic appointment

Protect eyes from ultraviolet (UV) rays with sunglasses.

Write down any questions you have for the team, which you can discuss when they call with your results.

If your symptoms worsen before your next appointment, contact the eye clinic promptly by email qvh.contactcorneoplastics@nhs.net or call the Corneo Clinic Line 01342 414040, option 1.



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