



Jessica Costa

Holder of a Bachelor's degree in Optometry and Vision Sciences and a Master's degree in Advanced Optometry from the University of Minho, Portugal.

My passion for contact lenses led me to pursue a strong focus in Advanced Contactology, culminating in a pilot study on orthokeratology in myopic patients. This research aimed to investigate changes in retinal response, accommodative response, luminous distortion, and ocular aberrometry throughout orthokeratological treatment. The study resulted in two scientific articles, several scientific posters, and multiple international oral presentations.

During and following my Master's degree, I gained four years of clinical experience working in an optometry practice, where I was primarily responsible for conducting optometric consultations.

In the last few years I developed a solid clinical background in advanced contactology, with extensive experience in fitting and managing specialty contact lenses for complex corneal and refractive conditions, including keratoconus, post-surgical corneas, pellucid marginal degeneration, severe dry eye, and high ametropias.

I am currently working as a Technical Consultant focused on advanced and scleral lens technologies, supporting eye care professionals in complex case strategy, lens design optimization, and clinical troubleshooting. While I am no longer performing routine patient fittings, I remain closely connected to clinical practice through technical guidance and case-based collaboration.

I am actively involved in international professional education, delivering trainings, workshops, and conference presentations dedicated to advanced contact lens applications. I am passionate about empowering colleagues worldwide to adopt innovative solutions and contribute to raising standards of care in advanced contactology.