Is **Ortho-K** comfortable?

The typical problems experienced by daytime contact lens wearers are foreign body sensation, lens awareness, and dryness, which are generally not experienced in overnight wear of **Ortho-K** lenses.

**How long does the **Ortho-K** treatment take to complete?**

The myopia reduction takes place rapidly. It can reduce two to three diopters in one or two weeks. Then, the cornea continues to be reshaped, resulting in further myopia reduction. It will take approximately six months to one year to complete the process due to individual differences.

**Are the results permanent?**

The results of **Ortho-K** are permanent with the use of retainer lenses after the best possible vision is obtained. Discontinuing lens wear allows your corneas to gradually regress to their original shape, or close to it.

**How much myopia and astigmatism can be reduced by **Ortho-K**?**

The technique can correct up to six diopters of myopia and two diopters of astigmatism. Structural differences between eyes determine the maximum degree of change.

**Can **Ortho-K** treat presbyopia?**

By the time most people reach the age of 40, they will need the assistance of reading glasses. This condition is known as presbyopia. In many cases, **Ortho-K** can eliminate the need for reading glasses.

**Who will benefit from **Ortho-K**?**

Individuals who are:
- too young for refractive surgery
- afraid of surgical risks and side effects
- actively involved in sports
- interested in myopia control
- near-sighted and presbyopic
- involved in special occupations: policemen, firemen, pilots, etc.

**Why should parents worry about their children’s myopia?**

Myopia progresses rapidly in children and teenagers. Left untreated, myopia can reach high degrees, increasing the risk of the eye developing vitreous floaters, retinal degeneration and detachment.

**When should a child start **Ortho-K** treatment?**

It is better to start the treatment as early as possible. In this way, the myopia can be controlled and prevented from progressing to higher degrees. Research has shown that **Ortho-K** can stop and/or slow the advancement of myopia!

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The lens material is FDA approved for overnight wear, and allows oxygen to pass through the lens. The cornea receives sufficient oxygen for the eye to remain healthy. These lenses gently, safely, and temporarily flatten and reshape the center of the cornea, without the removal of any corneal tissue. This method eliminates the myopia resulting in clear vision in the day time.

LASIK is a surgical way to accomplish this effect. It results in irreversible changes to the shape of the cornea by removing corneal tissue.

If you suffer from dry eyes, LASIK surgery can be contra-indicated and aggravate your condition. Ortho-K can be a good option in this case.

The Optics of Myopia

Myopia occurs when the curvature of the cornea is too steep and/or the length of the eye is too long. These physical parameters cause the light rays entering the eye to fall short of the retina’s photosensitive elements resulting in a blurry image. A clear image will result only when light comes to a point focus on the retina. Ortho-K contact lenses flatten the cornea, reducing the light refracting power of the cornea. This brings the light back to a point focus on the retina. That is why it can reduce the myopia.

Astigmatism

Many patients with myopia have some degree of astigmatism. Astigmatism is a condition in which the eye is shaped more like a football than a basketball.

This oval shape results in blurry vision since light is focused in multiple areas rather than in one location. Ortho-K can reshape the cornea into a round shape, reducing the degree of astigmatism.

Clinical Procedure

The starting point for Ortho-K begins by measuring your eyeglass prescription and mapping the shape of your eye with a corneal topographer. Based on the amount of your prescription to be reversed, and the digital map of your eyes, we custom fit your eyes with Ortho-K contact lenses.

Each night, you will wear the lenses during sleep for about eight hours. Upon removal of the lenses in the morning, you will be able to see more clearly without any corrective lenses. Your progress will be monitored with office follow-up visits. Once your eyes reach the desired goal, you need to wear retainer lenses to maintain your correction.

Advanced Accelerated Orthokeratology

A viable option for LASIK without surgical risk

- FDA approved method for overnight contact lens therapy
- See clearly in the daytime without glasses or contact lenses
- Appropriate for all ages
- Retard myopia progression (nearsightedness) especially in children and teenagers

This is a revolutionary non-surgical treatment for eyesight improvement. Your vision can improve within the first day after the first night of overnight wear.

How long has Ortho-K been available?

Orthokeratology was originated in the 1960s. However, due to lack of sophisticated technology at that time, the results were limited and the procedure was not widely accepted. With today’s advanced technology and lens materials, Ortho-K contact lenses can be custom designed to fit individual corneas to achieve much higher success rates. The safety and the effectiveness of the results have been confirmed and documented worldwide. Today, Ortho-K is widely accepted internationally.

How does it work?

The concept behind fitting Ortho-K contact lenses is similar to the orthodontic approach which utilizes braces to straighten out children’s teeth. A series of specially designed gas permeable contact lenses are custom fit to your eyes to reshape your corneas.