

## CORNEAL CONDITIONS SUITABLE FOR ORTHO-K WEAR

- Regular corneal shapes
- Free of corneal pathology
- Free of corneal scarring

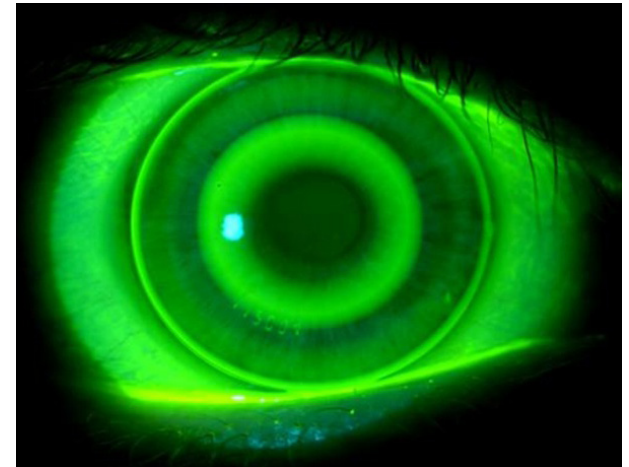
## CORNEAL CONDITIONS NOT SUITABLE FOR ORTHO-K WEAR

- Very irregular corneal shapes
- Any corneal dystrophy like Keratoconus, Fuch's corneal dystrophy, PMD ect.
- Corneal grafts
- Radial Keratotomy

**CONTACT US:**

*A closer look at:*

## ORTHO-K CONTACT LENSES



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## WHAT IS ORTHO-K?

Orthokeratology is the process that uses specially designed corneal hard contact lenses to temporarily reshape the curvature of the cornea (front part of the eye) to reduce nearsightedness.

Ortho-K lenses are prescribed for two reasons:

1. To correct nearsightedness and mild astigmatism. In some cases, ortho-k also is used to correct farsightedness and presbyopia (inability of the lens to focus on close objects in patients over the age of 40 years).
2. To slow the progression of childhood myopia (nearsightedness).

## HOW DOES ORTHO-K WORK?

A patient would sleep with the Ortho-K lenses at night, and the lens reshapes the front of the eye and corrects the prescription. In the morning the patient removes the lenses and their vision is corrected. No spectacles or contact lenses needed.

## WHAT TO EXPECT WHEN BEGINNING ORTHO-K TREATMENT

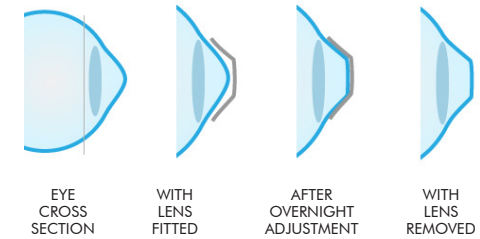
Your optometrist needs to take maps of the curvature of the front part of your eye to see if you are a candidate for these lenses. Lenses will then be ordered specifically for your prescription and your eye curvature. You will have to come in for an appointment to fit your lenses. Regular follow-up procedures will also be necessary.

## HOW LONG DOES IT TAKE FOR ORTHO-K TO TAKE EFFECT?

This will depend on many factors, especially the amount of your prescription when you begin the ortho-k process. Some people can have excellent vision after three days of overnight ortho-k. But for higher prescriptions it can take two weeks or longer for maximum correction.

You might notice blurred vision and glare and halos around lights up until your prescription is fully corrected. In some cases, you may need to

wear glasses of a lesser prescription during the ortho-k process. Also, in some cases, mild glare and halos might persist even after maximum ortho-k correction.



## ADVANTAGES OF ORTHO-K

- Great for patients with active lifestyles, no hassle with glasses or contact lenses
- Have clear vision throughout the day with out glasses or contact lenses
- Avoid dry eyes caused by soft contact lenses
- No surgical risk

## DISADVANTAGES OF ORTHO-K

- Temporary effect, you have to sleep with the lenses every night to have clear vision throughout the day
- The lenses are small and can break
- If you are not compliant with the cleaning regimen you will have a higher risk for infections

