

ORTHOKERATOLOGY

What is Ortho-K?

A revolutionary new contact lens treatment is now available to improve your vision in hours – days – weeks. Myopia (short sightedness) and astigmatism (the irregular shape of the cornea) are reduced, and your eyesight is dramatically improved. The Ortho-K lens program employs a contact lens to gently improve your eyesight. In many ways, it is akin to using braces to straighten teeth. The result is better vision without lenses.

Why use Ortho-K?

Orthokeratology allows those normally requiring glasses to be free of both contact lenses and spectacles for the majority of their waking hours. This is ideal for sports people, swimmers, and those who work in dusty or dirty environments. Others benefit from being free of artificial aids during the day, enabling greater freedom to pursue activities without hindrance.

Can anyone have Orthokeratology?

No. Whilst new lens designs and improved accuracy of corneal measurement have resulted in a dramatic improvement in the effectiveness of this procedure, only prescriptions up to moderate degrees of myopia and astigmatism can be treated. Hence low to moderate myopes are best suited, although some high myopes might enjoy being able to see better without such thick glasses.

Myopia:

Myopia, or near sightedness, is the most common of all vision problems. The condition worsens in the teenage and early adult years even while wearing glasses or soft contact lenses. Light entering a healthy, but myopic, eye is focused in front of the retina, instead of on the retina. The myopic eye is too long or the cornea has too much curvature, which causes blurry distant vision.

Astigmatism:

Astigmatism is a common vision problem causing ghosting of vision, headaches, eyestrain, and blurred vision. Uneven curvature of the cornea results in multiple points of focus at the retina.

The speed of moulding of the cornea will vary from person to person depending on corneal shape and rigidity. Allergies, dry eyes and other health problems may restrict wearing times and thus success cannot be guaranteed.

Leon J. Evans
Juliet A. Evans
Michael J. McMahon

35-37 London Circuit
Canberra City ACT
Phone: 6257 1103
Fax: 6257 7286

and

Tuggeranong Square
Tuggeranong ACT
Phone: 6293 1171
Fax: 6293 1510

Evans Evans and McMahon Pty Limited
ABN 75 056 544 140
Mail: GPO Box 470 Canberra ACT 2601
Email: eyecare@evansmcmahon.com.au
Website: www.evansmcmahon.com.au

What does Ortho-K involve?

The first stage is an initial examination to assess the general condition and health of the eyes. Then using a computerised corneal mapping system, the shape of the cornea is measured; this provides the opportunity to discuss the likely effectiveness of the procedure with more precise background information.

The next step is the trial fitting. A lens is selected and is worn overnight and the response of the eye to the lens is then measured directly. If a central change is observed it means that the cornea will change appropriately. If the change is off centre then a second fitting is attempted or the procedure is terminated.

Most of the changes occur rapidly during the first few days to weeks. Therefore, frequent examinations are required initially. Stabilisation occurs over the next few months at a lesser pace. Thus the Ortho-K program runs for one to three months depending on the initial degree of myopia or astigmatism and the rate of change of corneal shape.

Once the maximum changes are achieved, retainer lenses are worn to stabilise the corneal shape. Initially these are worn full-time, although part-time or overnight wear eventually occurs. Failure to wear the retainer lens on an ongoing basis will result in the return of the eye to the original prescription.

How much does it cost?

The fees involved reflect the time consuming nature of the procedure, the number of lens changes invoked and the use of expensive equipment. Once completed, however, the costs are no greater than conventional lens wear. Some fees may attract a rebate from Medicare and some lens costs may be claimed from your health fund. A full breakdown of costs is available from your Optometrist on request, however as a guideline, you should allow between \$1000 to \$1400 for the procedure.

Ortho-K Lens Summary

1. NON-SURGICAL vision improvement
2. After improvement, you simply see better without help from glasses or contact lenses.
3. Vision rapidly improves within days, weeks.
4. Convenient and comfortable – not disrupting your visual performance as your eyesight improves
5. All ages benefit
6. Glasses-free, contact lens-free vision for recreation, sports and leisure.
7. Pilots, Policemen, Fireman, etc. can now meet required uncorrected vision demands
8. Prevents deteriorating vision in children caused by myopia.