



What is OrthoK?

Ortho-K is short for Orthokeratology and is a process where contact lenses are worn to change the shape of your eye while you are sleeping, so that no spectacles or contact lenses are required during the day for clear vision. Made of a non-flexible material, these contact lenses are manufactured individually to the shape of your eye and the amount of myopia (shortsightedness) that needs to be reduced - no two are the same. The lenses gently flatten the central area of the cornea (the clear window over the iris - the coloured part of the eye) to make the eye less powerful, and correct your shortsightedness.

Only a certain range of myopia can be treated with Ortho-K, with the shape and curves of your cornea determining the success of the procedure. If you are considered a good Ortho-K candidate, a trial to check the response of your eyes to treatment is undertaken first, then the specially designed lenses are generally worn every night until your vision is stable throughout the day. The effect is cumulative - the more the lenses are worn, the more stable the 'flattening' effect is, enabling clear vision for longer periods during the day. The Ortho-K effect is fully reversible, which gives you peace of mind when commencing Ortho-K treatment.

Benefits of OrthoK

Ortho-K is an excellent alternative to wearing spectacles, and it frees you from problems with daily contact lens wear like dryness, discomfort, lens loss and the effects of weather, dust and airconditioning.

As a lifestyle choice it allows you to be free of spectacles or contact lenses for all activities like sport and swimming, to wear 'normal' sunglasses, and for parents of school children, to stop worrying about loss or damage of spectacles or contact lenses at school.

Controlling Shortsightedness

A major benefit for younger people with progressing myopia (short sightedness that continues to get worse each year) is that wearing Ortho-K contact lenses has been shown to control myopia by slowing or stopping its progression. This is especially important in families with a history of short sightedness. Controlling myopia doesn't only mean less money spent on new glasses each year—it reduces the risk of the eye health problems that can occur with higher levels of myopia, and opens up more options for future vision correction. No other type of spectacles or soft contact lenses can offer this benefit.

The Process – What to expect

After a full eye examination and assessment for your suitability for Ortho-K treatment, you will be fitted for your first overnight trial.

At this appointment, you are taught how to insert and remove the lenses and how to clean and care for them. You wear the lenses for the first time that night, and return the next morning (with the lenses still in your eyes) to check the treatment success. After the first night, your vision should markedly improve, but it may take a few days for your vision to reach the target level, and a few weeks for the vision to be stable and clear throughout the day. Regular appointments in that time will monitor that the treatment is working correctly.

Once we determine that the treatment is stable, you may be able to start 'skipping' nights of wear. In some cases, Ortho-K lenses need only be worn every second night, however it is difficult to tell early in the procedure if you will be wearing lenses every night or every second night.

If you have any questions, please contact us on **3210 1822**.