

# ORTHOKERATOLOGY

## What is orthokeratology?

Orthokeratology, or Ortho-K for short, is an FDA approved corneal refractive therapy that uses custom-fit, gas-permeable contact lenses to temporarily reduce nearsightedness. This is accomplished through a safe, reversible corneal reshaping process that takes place while the patient sleeps. Ortho-K is safe, efficient, and non-surgical.

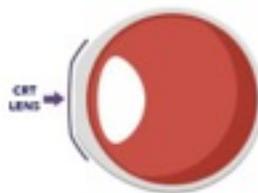
Ortho-K is an excellent option for both children and adult patients. While the majority of patients are between 8 and 18, anyone who meets the initial fitting criteria<sup>1</sup> can benefit. You may be an excellent candidate for Ortho-K if:

- You would like see without needing daytime glasses or contacts
- You are looking for a safe alternative to LASIK surgery
- You are a child with worsening nearsightedness
- You are an athlete who currently wears contact lenses



## How does Ortho-K work?

Ortho-K lenses work by temporarily moving fluid in the central corneal epithelium out to the peripheral cornea, effectively flattening the cornea for a period of time. To accomplish this, the patient wears a custom lens to sleep each night, at first to reshape the cornea, and then long-term to maintain the reshaping. This concept of flattening the cornea is the same that is utilized in LASIK, but LASIK actually removes part of the cornea, which is non-reversible. After going a week without wearing Ortho-K contact lenses, the cornea will return to its original shape.



The majority of the corneal reshaping process takes place within the first several weeks of wearing the contact lenses. Patients will often notice improvement in their unaided vision within a couple of days. Because of these rapid changes, new wearers will require a series of office visits during the first month of wear. Once the appropriate lenses are fit, follow-ups are reduced, and long-term wearers simply need to be seen every 4-6 months.

## How does Ortho-K benefit children?

In addition to removing the need for daytime contacts and glasses, orthokeratology may help to slow the progression of myopia (nearsightedness) in children. Many factors contribute to worsening myopia, and often the largest changes in vision take place during childhood and adolescence. While each child is different, a number of studies over the past fifteen years have supported the credence that Ortho-K contact lenses have the potential to slow down these rapid changes.<sup>2</sup>

## How much does Ortho-K cost?

<sup>1</sup> Initial fitting criteria is determined based on refraction, corneal shape, and ocular health. This can be easily determined at a consultation with one of our optometric physicians.

<sup>2</sup> Three studies that support Ortho-K as a safe and effective means of myopia control are: Longitudinal Orthokeratology Research in Children (LORIC) in 2005, Stabilizing Myopia by Accelerated Reshaping Technique (SMART) in 2009, and Corneal Reshaping and Yearly Observation of Myopia (CRAYON) in 2009.

Ortho-K is considered a premium contact lens service, and accordingly the testing required, fitting process, and ordering of appropriate lenses are much more extensive and time-consuming than a regular contact lens fitting. We offer this service because we feel it is one that will greatly benefit our patients. The fees for Ortho-K services at our practice are listed below.

- ***Initial Fitting and First Year of Ortho-K Wear***  
**\$1350**

The professional fee above includes the following:

- o Corneal topography measurements to be taken at each visit
- o The fitting process, including all follow-ups for the first year
- o Insertion and removal training
- o Instruction on appropriate lens care and hygiene
- o Starter kit (containing solution, cleaning product, and contact lens case)
- o The first pair of Paragon CRT lenses (all lenses come with warranty that allows the lenses to be exchanged within 90 days of receipt, should any fitting issues arise)

- ***2<sup>nd</sup> Year and All Subsequent Years of Ortho-K Wear***  
**\$650**

The professional fee above includes the following:

- o Corneal topography measurements to be taken at each visit
- o All follow-ups needed for the year (every 4-6 months if no issues)
- o A new, updated, or back-up pair of warranted Paragon CRT lenses<sup>3</sup>
- o Review of insertion, removal, or lens care protocols, if needed

If a replacement pair of lenses is needed within the period of one year, or a back-up pair of lenses is desired for the first year, the cost is \$150 per lens (\$300 per pair).

### **Is Ortho-K worth the cost?**

Aside from the benefits of eliminating the need for daytime glasses and contacts, Ortho-K can be a very cost-effective way to correct vision. A yearly supply of daily contact lenses can cost over \$600 a year, and the cost of glasses can be in that same range. After the first year of wearing Ortho-K contact lenses, patients are likely to save money as there will be no need for glasses or traditional contacts.

### **Where can I get more information?**

For more information about orthokeratology, please visit [www.paragonvision.com](http://www.paragonvision.com).

### **I am interested! What do I do next?**

---

<sup>3</sup> If Paragon CRT lenses are cared for appropriately and there is no change in refraction, they can be effective for 2 years. If there is no need for a new pair, or no need for a back-up pair, the subsequent-year professional fee will be reduced to \$350.

If you have had a comprehensive eye exam within the last year, please set up a free consultation visit with Dr. Foreman to determine if you are a good candidate for Ortho-K. If your last exam was over a year ago, you will need to have a new exam prior to the consultation.

Thank you in advance for your interest in this new and exciting service being offered at our practice!