

Ortho-K

What is Ortho-K?

Ortho-K is the reshaping of your cornea by the fitting of specially designed corneal moulds that are worn overnight.

After removing your moulds, you should see clearly without the help of glasses or contact lenses.

Ortho-K is prescribed to correct short-sightedness (myopia), but can also correct astigmatism and long-sightedness (hyperopia), and, in some cases, the need for reading glasses in middle-age (presbyopia).

Am I Suitable?

Most people with mild to moderate myopia (with or without astigmatism) are the best candidates for Ortho-K.

Ortho-K is a great option for children and young adults who do not want to wear spectacles, are poor candidates for refractive surgery, or just do not want to take the risk of refractive surgery.

If you wear contact lenses and participate in contact sports, or work in dusty environments, Ortho-K might just be the answer you've been looking for.

If you have myopia, you already know that it can cause inconvenience in your daily life. More importantly, severe myopia can lead to serious complications such as retinal detachment, glaucoma and cataracts. If you are unaware of these complications, now is the time to find out more.

Phone Simpson Optometry today
(02) 6162 0121

Myopia Control

The single most important reason our principal optometrist, James Simpson, introduced Ortho-K into our practice was myopia control.

Various methods have been tried to curb the progressive nature of myopia but none have been as successful as Ortho-K. So it makes good sense for us to offer it to our patients.

Not only does Ortho-K offer the chance to see without glasses or contact lenses but it also offers the chance to avoid the sight-threatening risks of high myopia – myopes are 2-3 times more likely to get glaucoma; are more likely to get cataracts; and the higher the myopia, the higher the risk of a detached retina.

The most aggressive myopic progression is usually in children or young adults under the age of 23 so this is an obvious time for patients to undergo the treatment. And should they choose to stop Ortho-K once they are older, they most often find their myopia is the same or only slightly more than what it was when they started Ortho-K. There are reputable studies to show the myopic progression would have been significantly more had they not worn Ortho-K moulds.

There is a list of articles and websites at the end of this brochure if you're interested in reading more on research and the latest developments in Ortho-K.

How soon should I be able to see clearly?

Within 20 minutes you should see an improvement of a line or two on the chart, and most people with low myopia can see the second last line on the chart after the first night. Full correction of low myopia is usually achieved within a week.



So what's the next step?

Your first step is to book an appointment with us for a regular eye exam – we'd like to examine your eyes to establish whether or not you are suitable for Ortho-K, and this will serve as a baseline before we commence treatment.

We shall then advise you if you are suitable for Ortho-K and typically, on the second visit, you can expect to be fitted with a mould, spend time wearing it before being re-assessed, and maybe even wear a few different moulds until the most suitable mould is found.

Once we find the correct mould for each eye, we'll teach you how to insert, remove and care for your moulds. After that, you'll be able to take them home, returning for a series of reviews that we do to ensure your eyes remain healthy and the moulds are giving you the sort of vision we expect.

Ortho-K Fee Schedule

A package fee of \$1,800 is charged to cover the initial assessment, first pair of moulds and all aftercare visits involved in the first year of Ortho-K. As a minimum this includes:

- ✓ Initial one-hour examination specifically for Ortho-K
- ✓ All diagnostic fitting visits
- ✓ Instruction on how to use and care for the moulds
- ✓ Aftercare examination after the first night of wear
- ✓ Routine aftercare visits at 1 week, 1 month, 3 and 6 months
- ✓ One pair of custom-made moulds for overnight wear

Additional Fees

Replacement for lost or broken moulds are \$350 per mould.

50% of the total fee (\$900) must be paid before you take the initial diagnostic moulds home. This payment is usually made at the second visit. The balance of the fee is payable on ordering your custom-made moulds.

Should you be unsuccessful with Ortho-K and/or decide to discontinue within 2 months of the original delivery visit, all fees paid, less \$195, will be refunded on the return of all moulds.

Caring for your Ortho-K moulds

To keep your eyes healthy and to prolong the life of your moulds, we recommend you follow these instructions:

Each time you remove a mould from your eye:

- Wash your hands thoroughly with soap and water.
- Dry your hands on a clean, lint-free towel or paper towel.
- Move to a room other than the bathroom.
- Remove the mould with a rigid contact lens removal tool.
- DO NOT RUB the mould between your fingers before storing them in the case
- Place the mould in its holder in the case – left mould in the left holder; right in the right.
- Repeat the above for each mould.
- Fill the case to the marked line with the cleaning and disinfecting solution

Each time you put a mould into your eye:

- Wash your hand thoroughly with soap and water.
- Dry your hands on a clean, lint-free towel and paper towel.
- Move to a room other than the bathroom.
- Remove the mould from its case with your fingers.
- Usually the liquid in the case is moist enough to make the mould comfortable to wear.
- If you find it's slightly uncomfortable, put a drop of ocular lubricant in the mould while it's on your finger. Be careful not to get any air bubbles in the lubricant before you insert the mould as they will dent your cornea and distort your vision for at least a day, if not longer.
- Tip out the remaining cleaning solution from the case.
- Dry the case with paper towel.
- Store the case in a clean, dry place.

Intensive protein removal

Your moulds will need an intensive clean to remove the build up of protein on the surface. This is usually done once a fortnight or month, depending on how rapidly the protein builds up, and you'll be advised on this by your optometrist.

If you're interested, here are some websites and articles we recommend:

- UNSW - Research in Orthokeratology – Helen Swarbrick
- "The Case for Myopia Control Now" - an article by a US professor of ophthalmology urging action to slow down myopia.
- "All About Vision" – click on their section dedicated to orthokeratology - All About Vision is a US online publication with independent consumer information on all eye health and vision correction topics.
- Orthokeratology Society of Oceania (OSO) - formerly the Orthokeratology Society of Australia (OSA), the OSO supports professional development, education and communication among Ortho-K practitioners in Australasia.
- International Academy of Orthokeratology (IAO) - the global body for scientific research and training in orthokeratology
- European Academy of Orthokeratology - promotes orthokeratology through science and education in Europe
- Orthokeratology Academy of America - promotes orthokeratology through science and education in America

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