

Looking. Seeing. Feeling. Great.

ortho)k

The Procedure



curtis vision
OPTOMETRISTS

curtis vision
OPTOMETRISTS

The Procedure

Once fitted, the specially designed Ortho-K lenses are worn every night while sleeping. Your vision will change gradually over the next couple of weeks during which time you may be fitted with soft contact lenses for wear during the day until vision has stabilized.

After the treatment phase of 1-2 weeks you will only wear the Ortho-K lenses at night. It is possible after 1-2 months to leave the lenses out for a night and reasonable vision may still be possible for the following day.

Appointment schedule

1. Full ocular health examination and determination of the prescription of the eye. Issue of informed consent details (45mins).
2. Ortho-K lens fitting appointment. Lenses fitted to the eye for safe treatment and visual improvement (45mins).
3. Collection of the custom made contact lenses and instruction on lens handling and cleaning (30mins).
4. 1st morning follow-up (30mins)
5. 1 week follow-up (30mins)
6. 1 month follow-up (30mins)
7. 3 month follow-up (30mins)
8. 6 month follow-up (30mins)
9. 6 monthly checks ongoing (30-45mins, standard examination fees apply)

Health, safety, hygiene

The health of your eyes is our primary concern. Placing any lens on the surface of the eye carries a risk of eye infection. Ortho-K retainer lenses carry relatively low risk of infection. A safer alternative for clear eyesight is to simply wear glasses.

The exact risk associated with overnight corneal reshaping is not yet fully understood. A small number of cases or serious eye infections have been reported around the world in recent years. Most of these events

were found to be associated with poor hygiene and inadequate lens care.

The Golden Rule is: *"If in doubt take them out."*

Do not ignore warning signs such as discomfort especially just before going to sleep. Remove the lens, rinse with saline and carefully re-apply. If the eye still feels irritated, remove the lens and do not re-apply until the eye feels normal again. Should the problem persist, see your Optometrist for professional advice. Do not be concerned at missing one or two nights of treatment – persisting when you have a sore or irritated eye can be dangerous.

Long-term success

Sustainable long-term success is defined by clear unaided vision and no/minimal progression of short sightedness, for many years is our treatment objective. Clinical experience has shown that no matter how carefully a treatment is prescribed in the first instance, long-term success is not guaranteed. Sustainable treatments require ongoing attention to detail.

Regular aftercare is an essential component to long-term success. Certain aspects of treatment tend to become less effective over time. For example the Ortho-K retainer lens surfaces may gradually deteriorate under normal conditions of use resulting in de-centered treatment zone, or loss of vision during the day. In more extreme cases, red eye and dry eye symptoms may develop. These and other potential issues can be identified and resolved at an early stage with regular aftercare exams.

In the event of any unusual redness, discharge, pain, sensitivity to light or loss of vision, contact your practitioner as soon as possible:

Curtis Vision Business Hours - 3666 249

Michael Curtis - 027 432 5532
Roberta McIlraith - 021 323 812
Sarah Lord