

Anthony Liska (B.Optom)

OPTOMETRIST
Orthokeratology

6/2 Victor Crescent
Narre Warren VIC 3805
Ph: (03) 8794 8255 Fax: (03) 8794 8256
www.ortho-k.com.au



Sleep your way to great
vision®

MOST FREQUENTLY ASKED CLIENT QUESTIONS

What is ortho-k?

Ortho-k (Orthokeratology) is a sophisticated non-surgical process that temporarily reshapes the cornea with special contact lenses while you sleep. You remove the lenses when you awake and are able to go throughout the day without any other vision correction. Ortho-k uses a specially designed oxygen permeable therapeutic contact lens for corneal refractive therapy.

Anthony Liska is an experienced orthokeratology practitioner and he is a member of the Orthokeratology Society of Oceania. Anthony chooses to use high quality Paragon CRT® lenses. Only practitioners who successfully complete the ortho-k certification are permitted to prescribe Paragon CRT lenses.

How new is Ortho-k ?

The idea of contact lens corneal reshaping is not a new concept. Previous corneal reshaping designs were only as successful as technology allowed. Paragon Vision Sciences has taken the recent advancements in computerized corneal mapping, computerized manufacturing, and oxygen permeable contact lens materials and produced a therapeutic contact lens design that is like no other. This has allowed Paragon CRT to become the one corneal reshaping modality that truly stands out and the first to earn FDA approval for nighttime Corneal Refractive Therapy.

Is ortho-k Permanent?

No. It's temporary. If you stop wearing the lenses regularly while you sleep, your vision will return to its original state in as little as 72 hours.

Can everyone use ortho-k?

Paragon CRT treats short sightedness (myopia) with or without minor astigmatism. And because there are no age restrictions on ortho-k, it may be the perfect option for any member of the family including active adolescents. Anthony Liska will provide more information about ortho-k and if it is right for you.

Ortho-k is not yet available in bifocal prescriptions for presbyopia (which requires reading glasses or bifocals). At this time, hyperopia (farsightedness) is not correctable with Paragon CRT.

Who should not do ortho-k?

Persons who exhibit any of the following conditions:

- Inflammation or infection of the eyeglasses
- Any eye disease, injury, or abnormality that affects the cornea or surrounding tissue

Is Ortho-K for you? Call (03) 8794 8255 for a FREE assessment today.

- Any systemic disease that may affect the eye or be worsened by wearing contact lenses
- Allergic reactions of the eye, which may be caused or exaggerated by wearing contact lenses or use of contact lens solutions
- Eyes that are red or irritated, or suffer severe dryness

Can I see with my ortho-k lenses in?

Yes. One of the great features of the ortho-k lens is that if you get up in the middle of the night, you will be able to see perfectly. You will enjoy great vision with your ortho-k lenses on or off.

What is so different about the Ortho-K CRT lenses, compared to normal contact lenses?

Once the Orthokeratology lens is on your eye, it does not physically push on the eye to change its shape. Instead it induces hydrostatic pressures in the tear film between the contact lens and the eye. This process of fluid dynamics causes a redistribution of the cells on the surface of the cornea (Corneal Epithelium).

Meaning, these cells are redistributed slightly to change the surface shape of the eye and therefore change the focusing power of the eye.

The structure and integrity of the cornea is not affected. The cells return to their normal distribution within a few days after orthokeratology is discontinued.

The actual parameters of the contact lens need to be worked out extremely precisely for the correct change in surface power to occur. This is why it can take a few visits to get the fitting exactly correct. These costs for the visits are included in the total Ortho-K fee.

How long does it take to reach good vision?

Most patients have rapid improvement in the first few days of treatment and achieve nearly their optimum vision in 10 to 14 days.

What do I do to see adequately in the period of time between when I start ortho-k and when I achieve full treatment?

It's important to understand that for a time after you have begun treatment, but before sufficient treatment is realized, your old glasses or contacts will no longer be the appropriate prescription. It may involve re-insertion of your Paragon CRT lenses for part of the day or some use of temporary soft lenses in different prescriptions. The doctor will discuss your options for visual correction during that period of time.

Are there any risks involved with ortho-k?

There is a small risk involved when any contact lens is worn. It is not expected that the Paragon CRT lenses for contact lens ortho-k will provide a risk that is greater than other contact lenses. There were no serious adverse events reported in the Paragon CRT FDA clinical study.

How often will I have to replace my Paragon CRT lenses?

Generally speaking the ortho-k lenses will have to be replaced annually. However, depending on factors such as protein buildup, how well the lenses are taken care of, etcetera, the lenses may have to be replaced more or less frequently.

Is Ortho-K for you? Call (03) 8794 8255 for a FREE assessment today.

How do I care for my Paragon CRT lenses?

Your lenses should be chemically disinfected after every use with your recommended lens cleaner. Anthony, your optometrist, will instruct you about which care system is best for you.

In our Client Care kit, we provide a laminated card of a summary of the procedures for caring for your lenses and a FREE DVD so you won't forget!

Ortho-K vs Laser Refractive Surgery (LASIK), what are some of the disadvantages?

For people with unstable vision, Ortho-K is an option when LASIK surgery is not. Most of the time people who have LASIK are very happy with the outcome. However, those who aren't happy cannot reverse the surgical procedure and go back to how they were previously. With Ortho-K the process will reverse itself when Ortho-K is discontinued.

Disadvantages of using Ortho-K	Disadvantages of using LASIK surgery
<p><i>Same risks as for other contact lens wearers-</i></p> <ul style="list-style-type: none">• Need to maintain high hygiene standards to reduce risks of eye infection such as conjunctivitis and keratitis. Contact lenses must be cleaned and maintained according to the recommendations of the optometrist.• Long-term wear of any contact lens - (ie. many years of wear) can affect the structure of the corneal endothelium (polymegethism). This was mainly a problem with old style contact lenses. Modern contact lenses are designed to breathe so they do not cause such problems in most people.• The ortho-k effect only works while you are doing the procedure. If you cease ortho-k, your eyes return to normal.	<ul style="list-style-type: none">• Permanently alters the eye by burning parts of the cornea away with a laser- However, this does not mean that vision will be good permanently. Vision can still change and glasses may be required again a few years later.• Common complications with LASIK are glare sensitivity and dry eyes.• The surgical procedure of LASIK involves cutting through the strongest part of the cornea (Bowman's Layer) this reduces the structural integrity of the cornea. The flap is then held in place by only the corneal epithelium.• Cutting of the flap during the procedure cuts through corneal nerves which may supply information about whether the eye is dry. This is believed to be a cause of dry eyes.

References and further reading:
<http://eprints.qut.edu.au/11422/1/11422.pdf>
<http://www.eyerobics.com.au/lasik.html#complications>
<http://ses.library.usyd.edu.au/bitstream/2123/1607/1/01front.pdf>
<http://www.igolenses.com/latest-research-orthokeratology.html>

How much does ortho-k cost?

The following fee is inclusive and includes all the office visits and treatment lenses necessary during the above treatment period. The total fee for our services related to your ortho-k treatment, including the treatment lenses prescribed is: \$1850.00.*

The ortho-k lens fitting fee of \$350.00* must be paid at the lens fitting visit prior to your trial lenses being dispensed. The balance of \$1500.00* is required at the 3-4 day follow up visit. Our practice also offers a convenient financing program. Contact lens cleaning and storing solutions are extra.

For subsequent years, the cost per year of ortho-k is \$220 for consultations and \$580 for a new pair of lenses. Lenses should be replaced yearly.

Replacement contact lenses are \$290* each.

Is Ortho-K for you? Call (03) 8794 8255 for a FREE assessment today.

Is ortho-k painful?

The therapy is not painful. Initially, you may have a slight awareness of the therapeutic lens. You will not feel the lenses when you sleep and there is no sense of physical corneal change.... just visual improvement when the lenses are removed.

Is Ortho-k/Corneal Refractive Therapy or Paragon CRT FDA approved?

Paragon CRT is the first therapeutic lens design approved by the FDA for overnight contact lens Ortho-k/Corneal Refractive Therapy for the temporary reduction of myopia. Paragon Vision Sciences, the manufacturer of Paragon CRT, received the final written approval on June 13, 2002. The issuance of this approval is the culmination of the most extensive clinical study to date to establish the safety and efficacy of contact lens corneal reshaping in overnight use.

Are there age restrictions for ortho-k?

No. The FDA placed no age restrictions on candidates for ortho-k. Ortho-k is being successfully performed on children 12 years old and younger. It can be a great option for children and teens that are active in sports activities or any other extra curricular activities. Visual requirements due to age or activities can only be made after a thorough eye exam and recommendations of a Paragon CRT certified eye care professional.

Are the Paragon CRT lenses difficult to insert or remove?

These lenses are generally no more difficult to insert or remove than any other similar contact lens modality. You may want to instill comfort or rewetting drops prior to insertion of the lenses and immediately upon waking. The lenses must move freely prior to removal. If you have difficulty removing the Paragon CRT lens, there are lens removal aids available to assist this process.

If I discontinue CRT, will my vision to return to normal?

There are no recorded permanent corneal changes post-treatment. Generally, the more myopia being reduced, the longer it will take for the corneal curvature to return to normal. For instance, if your pretreated correction was - 4.50D, it would take a few days longer to return to normal than if the pretreated correction was -1.50D.

What happens if I lose or damage a lens?

Ortho-k is different than wearing regular contact lenses. If you discontinue wear for one night, your vision may be impaired the next day. Previously worn glasses or contact lenses may not help. Immediate replacement is necessary! Having a spare pair of lenses is strongly recommended.

Does private health insurance cover Ortho-k?

If you have private health insurance with extras cover then part of the price of contact lenses may be rebatable. The consultations are generally not covered.

Some health funds do have an item for orthokeratology contact lenses. This means some funds may give a higher rebate for ortho-k lenses than for normal rigid contact lenses.

Is Ortho-K for you? Call (03) 8794 8255 for a FREE assessment today.

I suffer from “dry” eyes. Am I a candidate for Ortho-k?

Only your eye care professional can determine if you are an ortho-k candidate. Many patients with contact lens related dry eyes do well with ortho-k. Since you are wearing the lenses only while sleeping, the closed eye state minimizes evaporative loss of tears and can give dry-eye patients suitable vision without compromising the ocular surface.

I used to wear contact lenses, but stopped due to discomfort. Am I a candidate for Ortho-k?

Ortho-k lenses are worn at night while you are sleeping. This greatly reduces any discomfort normally experienced while wearing contact lenses during the day.

I have astigmatism. Am I a candidate for Corneal Refractive Therapy?

Ortho-k is designed to correct myopia with up to 1.75 diopters of astigmatism. Each individual should be evaluated by a certified eye care professional to determine if Ortho-k is right for your visual requirements.

I wear glasses. Am I a candidate for Corneal Refractive Therapy?

The transition from wearing only glasses to ortho-k should not be a concern. About 18% of the patients in the FDA study were non-contact lens wearers. The dropout rate related to discomfort was only 3.9%.

* Prices correct as of July



Enhance your lifestyle

Freedom from glasses

No Daytime Contacts

No surgery - Just great Vision

Now you can be free of daytime contact lenses or glasses and enjoy great vision during your daily activities without undergoing surgery!

- ✓ **No more restrictions on how long you wear your lenses**
- ✓ **No more irritation in dry, smoky environments or at the end of a long day**
- ✓ **Ideal for some Sports and Swimming**

Ortho-K is ideal for vision correction for

Sports people
People who play water-sports
People who cannot wear contact lenses during the day due to dry eyes or irritations.
Teenagers who are short sighted and wish to try slowing the progression of their short sightedness.

Parents may consider Ortho-k for their children

*No more worries about their child's vision in the classroom.
No more worries about the loss of their child's glasses or contacts during sports.
Fewer worries means a more positive attitude and self-image for their child.
Ortho-K may stop or slow the progression of myopia (shortsightedness)*



Is Ortho-K for you? Call (03) 8794 8255 for a FREE assessment today.