



Frequently Asked Questions

HOW DO ORTHO-K LENSES WORK?

Ortho-K is a sophisticated non-surgical process where custom designed contact lenses are worn while you sleep. Overnight the lenses gently reshape the cornea so when you are awake you are able to enjoy clear comfortable vision without the use of eye glasses or contact lenses.

IS ORTHO-K SAFE?

Ortho-K was approved by Health Canada and the FDA in the United States in 2002. As with any type of contact lens, there is a small risk of an adverse event. The risks of Ortho-K are slightly more than those of regular daily wear soft contact lenses, but this risk is significantly reduced by adhering to the disinfection and care procedures that are recommended for these lenses.

WHAT PRESCRIPTIONS WORK BEST WITH ORTHO-K?

Ortho-K works best on patients that are nearsighted, between -1.00 D and -5.00 D. Small amounts of astigmatism can also be corrected, usually up to -1.50 D.

HOW LONG WILL IT TAKE TO ACHIEVE GOOD VISION?

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

WHAT SHOULD I EXPECT DURING THE INITIAL 1 – 2 WEEK TREATMENT PROCESS?

It's important to understand that during the initial treatment process, while your prescription is changing, your old glasses or daytime contacts will no longer be the appropriate prescription. If required, your Optometrist will discuss the options for visual correction during this temporary period.

IS THE CORNEAL RESHAPING PERMANENT?

No. There are no cases of permanent corneal changes post-treatment. Generally, the more nearsighted you are the longer it will take for your corneal curvature to return to normal after you stop lens wear. In general, your vision will return to its original state in as little as 72 hours after stopping Ortho-K lens wear.

ARE THERE AGE RESTRICTIONS FOR ORTHO-K?

No, the FDA did not place age restrictions on candidates for Ortho-K lenses. It is a great option for children and teens that are involved in sports and extra-curricular activities. Adults can also enjoy the freedom of Ortho-K lenses.

ARE ORTHO-K LENSES PAINFUL?

No, Ortho-K is not painful. Initially, you may have a slight awareness of the Ortho-K lenses in your eyes. 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. In the initial FDA study, 96% found the comfort level acceptable.



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WHAT IF I LOSE A LENS?

Ortho-K lenses are different than wearing regular daytime contact lenses. If you discontinue wear for one night, your vision may be impaired the next day. Previously worn glasses or daytime contact lenses may not help and replacement is necessary. A spare pair of contact lenses is provided for each new Ortho-K fitting.

CAN ORTHO-K SLOW DOWN THE RATE OF CHANGE IN MY CHILD'S PRESCRIPTION?

Recent scientific studies have shown that Ortho-K can slow down the rate of myopia (nearsightedness) progression by up to 50%.

HOW LONG DO ORTHO-K LENSES LAST?

We recommend that Ortho-K lenses be replaced at least once per year. Over time, the lenses can warp or change shape and their effect can begin to lessen.

WHAT DOES ORTHO-K COST?

A comprehensive eye examination should be performed before any Ortho-K consultation. This is necessary to rule out patients who are not candidates based on type or size of prescription and any pre-existing eye conditions.

The fees for Ortho-K are \$1800.00 and include: (\$50.00 topography, \$150 trial fitting, \$1600 custom order)

1. Initial consultation: detailed profile and topographical mapping is done of the cornea, calculation of the potential treatment effect and determination of candidacy.
2. Diagnostic lens trial: a trial Ortho-K lens is worn for 1 – 3 nights to determine how the eyes respond to the treatment and to help determine if Ortho-K is right for you.
3. Custom lenses ordered: Once we know the eye is responding well to the treatment, the custom lenses are ordered and worn for 7 – 14 days to achieve full effect and optimum vision.
4. Once the final custom lens parameters are determined, two pairs of contact lenses are ordered.
5. Ortho-K patients are followed on a regular basis to monitor treatment effectiveness and eye health.

The fees are in staged payments with a partial refund should you choose not to proceed with Ortho-K or drop out of treatment within the first 90 days.

Refund Policy:

1. Drop out before custom order. Complimentary regular contact lens fitting, \$200.00 non-refundable.
2. After custom order and within the first 90 days, \$500.00 non-refundable.
3. No refunds beyond 90 days after the custom order.