



What is orthokeratology?

Orthokeratology is a vision correction therapy that provides clear, comfortable vision without the need to wear contact lenses during the day. No more restrictions on how long you wear your lenses, no more irritation in dry environments or at the end of a long day.

Ortho-k lenses are ideal for low to mid short-sighted people who:

- want clear natural vision all day - every day
- have considered refractive surgery because of the freedom it provides, but are worried about the risks
- find soft contact lenses do not fulfill the comfort demands their life-style places on their eyes
- are involved in recreational and sports activities where periods without wearing contact lenses is ideal.

So how is this possible?

Very simply, ortho-k lenses are specially designed to reverse the power of the cornea, at the front of the eye during overnight wear. Once the full effect has taken place, the eye is effectively 'normal' and can see clearly during the day.

With orthokeratology you will benefit from:

- freedom from contact lenses and glasses during the day
- very easy adaptation, only overnight lens wear required
- a comfortable, semi-permanent alternative for the correction of short sightedness
- a safe and reversible vision correction therapy without surgery.

How it works

Ortho-k lenses are manufactured from special highly oxygen permeable material. When worn during the night these lenses apply a controlled shape to the 'window' at the front of the eye (the cornea), eliminating your short-sightedness. This effect stays strong enough for you to function the entire day without spectacles or contact lenses.

Orthokeratology utilises the tried and tested lens design that has been available in Europe since 2002 and currently boasts thousands of happy patients. Orthokeratology is available to patients with the following degrees of short sightedness:

- a spherical spectacle prescription of -0.75D up to -4.50D
- astigmatism of up to -2.50D (ideally 1.50D).

Our expertise

Our optometrists are experts in contact lenses, an area we are hugely experienced in and passionate about. We fit contact lenses for the most complex of prescriptions so you can rest assured that your vision is in safe hands.

As well as being an expert in all types of contact lens fitting, we have attended an extensive programme of training prior to treating patients with orthokeratology in order to be better familiarised with the technique and lens design.

FAQs

Can I really just sleep and see?

Yes, once the effect is complete you simply remove the lenses each morning and can see normally. Also - and this is really clever - you will be able to see clearly with the lenses in when you wake up in the morning (or in the middle of the night).

How quickly will it work?

After the first night most of the necessary correction has been achieved. Normally within a week your sight during the day will be 'treated' and you will no longer be reliant on glasses or contact lenses.

Is orthokeratology safe?

Yes. Research and experience show that the whole process is 100% reversible. So if you decide to stop wearing ortho-k lenses for whatever reason, the eye will return to its original shape and you will see clearly with your glasses again. This makes orthokeratology an excellent alternative to laser eye surgery.

How is it possible to wear lenses overnight?

Ortho-k lenses are made of one of the very highest oxygen permeable materials for maximum comfort and safety during overnight wear. The other unique benefit with ortho-k lenses is that, unlike normal lens wear, the eye spends its waking hours with natural oxygen levels, uninhibited by contact lenses.

How much will orthokeratology cost?

The treatment is comparable in price to wearing quality daily disposable contact lenses every day. Ortho-k lenses need replaced every six months to ensure they are always providing the optimum correction of vision.

Initial consultation and fitting £150 (non-refundable), this includes your first pair of contact lenses and all consultations. For existing Vision+ members this price will be reduced to £95. This is followed by direct debit payments of £49.98 per month to include:

- all aftercare appointments and eye examinations
- new lenses every six months with solution
- lost/broken lens replacement plan
- numerous Vision+ benefits such as 25% discount on sunglasses.



If you would like to find out more, visit our website or speak to one of our team by calling 0131 225 2235
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