

*You Deserve to  
See Clearly Now!  
Orthokeratology  
(OrthoK)*

*Vision Correction Without  
Glasses or Laser Surgery*



**'ike pono** | see clearly

**F**irst established in the 1960s and with numerous scientific advancements since then, Orthokeratology (“OrthoK”) uses specially designed vision retainers to gently and gradually reshape the front surface of the eye (the cornea) to eliminate or reduce nearsightedness (myopia) or astigmatism. The concept is similar to the use of a dental retainer used to realign crooked teeth.

- The comfortable, easy-to-maintain vision retainers resemble contact lenses.
- The gas-permeable retainers are worn only at night during sleep.
- The retainers are removed upon awakening to provide clear vision without using glasses or contact lenses.
- OrthoK lets patients engage in daily activities (working in dusty environments, swimming, working out, biking, etc.) without the need for glasses or contact lenses.
- Amount of treatment can be easily adjusted if prescriptions change.

### **OrthoK vs. Glasses & Contact Lenses**

- Provides greater freedom and fewer hassles.
- Offers relief from problems associated with full-time contact lens wear, such as dry eyes and irritation from dust and other particles.
- Slows or stops the progression of nearsightedness.
- Particularly effective for children (especially those with nearsighted parents) who might be averse to glasses or contact lenses during the day.

### **OrthoK vs. Laser Surgery**

- Less than half the cost of Refractive Laser Surgery (ie, LASIK).
- Does not involve post-operative pain or the hazy post-operative vision that often is associated with laser surgery.
- Both eyes easily can be done at the same time.
- Easy to handle prescription changes.
- Strong steroid or antibiotic drugs not required.
- Is reversible. Laser surgery is not.
- Children as young as 10 years old can be good candidates. (LASIK requires patients who are at least 21 years old.)

# **Orthokeratology (OrthoK)**

## **Talk to a Staff Member at Eye Care Hawaii About This Innovative Alternative**

### **Q: Is everyone suitable for Orthokeratology?**

A: No. OrthoK does not work on every patient. The procedure works best on mild to moderate amounts of nearsightedness or astigmatism. More severe cases can result in vision improvement, but could still require additional vision correction. The procedure also does not work well on certain shaped corneas, and several incalculable factors, such as the cornea’s rigidity, can impact success. There are no age barriers for OrthoK – it is safe for adults and is an excellent alternative for children who are just becoming nearsighted, as OrthoK can prevent further nearsightedness from occurring.

### **Q: Can any doctor perform Orthokeratology?**

A: No. The doctors and the staff at Eye Care Hawaii have received special training and have the necessary diagnostic equipment, computer software, and expertise to perform OrthoK.

### **Q: What does the Orthokeratology procedure involve?**

A: A comprehensive eye health examination is performed first. Then, a corneal topographer is used to obtain a very precise computerized “map” of the cornea’s shape. This information is placed into the Orthokeratology computer software and a diagnostic retainer is fit in the office. It takes about one week for the retainers to be created and delivered. Once you receive the retainers:

- Maintenance is very easy and involves only one bottle of solution.
- If the retainers fit properly, you will wear them that first night. Your vision should be clear with the retainers on. We will see you the next morning, and you should come to the office wearing your vision retainers; we will remove them for you.
- Of course, should you experience any problems while at home with your retainers, simply remove them.
- The majority of OrthoK patients achieve excellent vision in only a few days.
- As the cornea changes shape and vision improves, we will supply you with (at no additional charge) any contact lenses to be worn during this beginning period.
- Even after your vision improves, we will continue to see you to ensure your cornea is adapting to the retainers. Most patients complete their follow up care in one month.
- When the treatment is completed, the retainer will continue to be used on a nightly basis. Some patients are able to use the retainers every other night.

**Q: What are the disadvantages of Orthokeratology?**

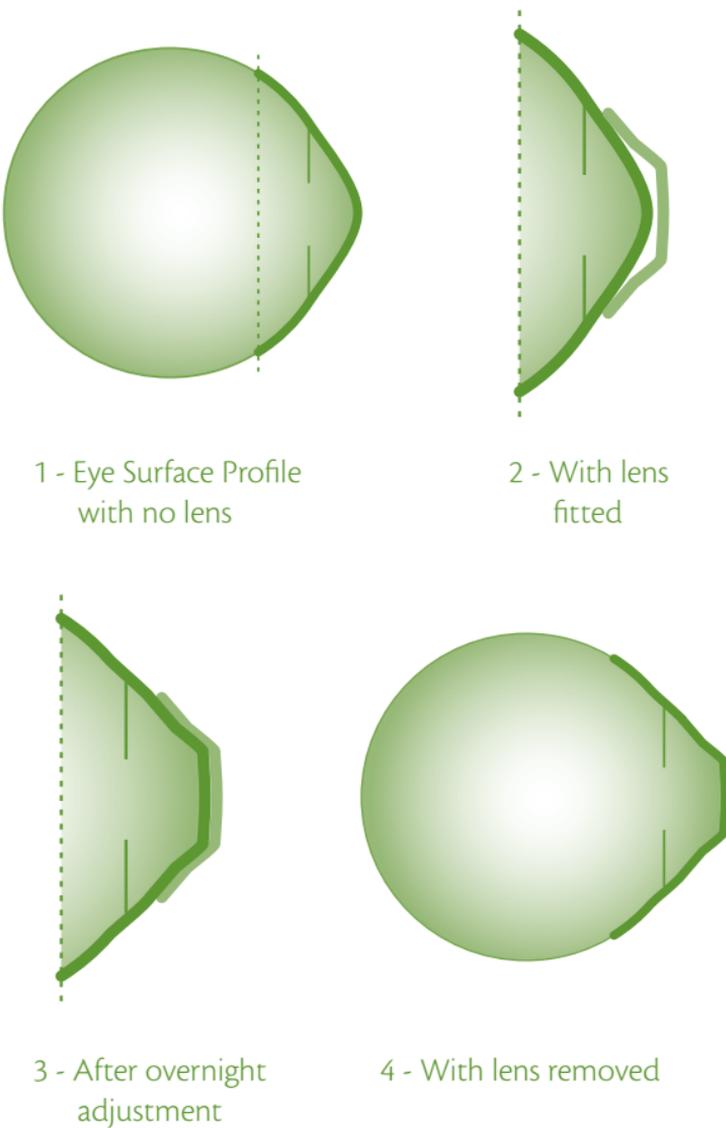
A: While the degree of success is very high, it cannot be guaranteed. However, when the corneal topography and computer software indicate a treatment will be successful, it is rare that patients do not do well with OrthoK (rates and amount of improvement vary). Should you stop wearing your retainers, your vision will return to its original state.

**Q: How much does Orthokeratology cost?**

A: Depending on which of three payment plans you choose, the fee for the entire Orthokeratology program is between \$1,984 and \$2,205. This includes all professional visits, retainer lenses required to achieve optimal vision, and any interim soft contact lenses. Lost, broken, or spare retainers are \$150 each.



**How Orthokeratology Works**



[www.eyecareHI.com](http://www.eyecareHI.com)

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