

*Safe, non-surgical,
non-invasive,
reversible and
safe for children.*

*The clear alternative
to surgery*
Ortho-K

Corneal Reshaping (Orthokeratology)

Ortho-K

Jan de Winnaar Optometrist is a registered Ortho-K practitioner and has successfully corrected myopia (short sighted), hyperopia (farsighted) and presbyopia (short arm, over 40s) patients for more than 10 years. Orthokeratology or Ortho-K for short is a corneal reshaping therapy aimed to get rid of glasses and contact lenses during the waking hours. This gives the patient freedom to enjoy sport and activities that was otherwise restricted due to glasses or contact lenses.

No Surgery

This procedure is totally reversible without any treatment. The therapy is done with an Ortho-K lens that resembles a hard contact lens. The epithelial cells of the cornea are the outmost layer of cells and are they dynamic in nature and not static. The Ortho-K lens redirects the pathway of cell movement in such a manner that the corneal curvature is changed to allow the image to focus on the retina.

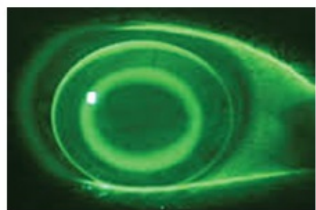


Fitting Procedure

The fitting procedure includes:

- Comprehensive eye examination to determine the exact visual needs
- Slitlamp evaluation of the external structures of the eye with a Volk lens
- Examination of the internal structures of the eye
- Topography to analyze the corneal curvature

The Optometrist will calculate the best possible lens to correct the vision. The patient will be fitted and then asked to relax in the waiting area with the lenses in the eye for approximately half hour. A slitlamp evaluation of the fitting, movement, corneal interaction and the fluorescein patterns are documented. Photographs are taken to keep record of the relevant fitting and also for future reference. The visual acuity is measured upon removal of the lens and any additions are noted to obtain the ideal visual acuity. An instruction session will follow to inform and guide the patient on the handling of these lenses and ensure that the patient is totally confident.



Daily Routine

A follow up consultation is scheduled the very next morning as early as possible. The patient will arrive without any lenses in the eyes. Corneal Topography and visual acuity is evaluated.

If needed - a new lens will be given,- but if everything is in place a weekly follow up is scheduled. At this time the patient is using trial lenses supplied by the Optometrist. Once the goal is reached, - your own lenses are ordered. The patient will be sleeping with the Ortho-K lens and upon awakening remove it to enjoy clear vision for the remainder of the day. The required time to obtain good vision is a minimum of 4 hours sleep with the lens.

This routine has to be repeated every night as the epithelial cells return to their original position and the corneal shape goes back to its original curvature. Some patients reported that the Ortho-K effect lasts sometimes for up to 3 days before they have to use the lens again.

This may vary from patient to patient. It is recommended however to sleep with the lens every night. The lens has a corrective script that will allow the patient to see clearly without having to remove the lens first. Special care is taken to clean these lenses on a daily basis. When well looked after - they should last a few years and provide clear vision for a long time.