

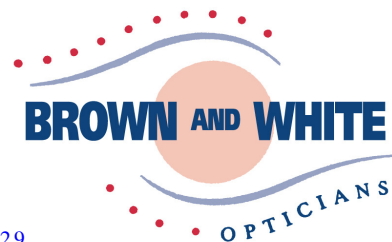
Great Vision All Day Without Lenses

If you want the advantages of good vision during the day without contact lenses and you would like to see if you wake up in the middle of the night but don't fancy eye surgery, then orthok could be the answer for you. Orthokeratology is a non-surgical, reversible process that alters the shape of the cornea using contact lenses. Orthok uses individually designed tailor-made gas permeable contact lenses that are worn at night.

How Long Has It Been Available?

The procedure was first used in the 1960s, but recent advances in computer controlled measuring and manufacturing methods, in combination with new gas permeable lens materials have made accurate and controlled orthok lenses a possibility.

There are very few risks associated with this method, although it should be remembered that there is always a small risk associated with all contact lens wear and it is important to follow the advice we give in respect of hygiene, cleaning and procedures.



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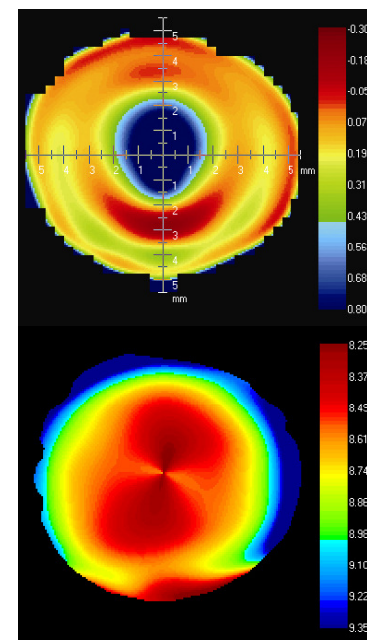
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How Long Does It Take To Work?

Many people find that they see really well even after one night of wear. Others find that it takes at least two weeks before the cornea becomes stable and the full visual effect is established. The lenses are manufactured so that you can see with lenses in if you wake at night.

Do I Need Regular Check Ups?

At the beginning we will see you often. As with all contact lens wear, prevention is better than cure and we do take the continuing health of your eyes seriously.

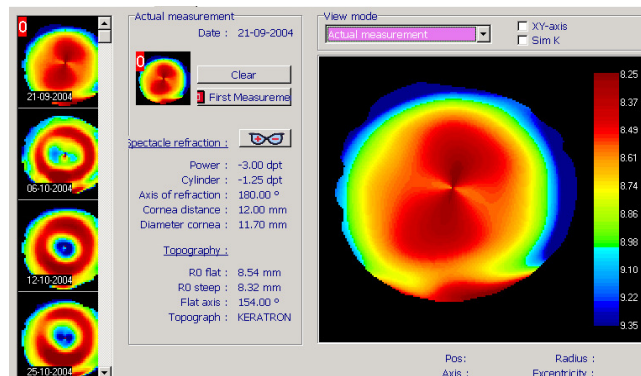
Hygiene is important and careful cleaning and disinfection will reduce the risk of infection and problems. Furthermore, the lenses may not work as well if there are deposits on the lenses.

Are The Lenses Comfortable?

The lenses are specifically designed to be worn when you sleep. For this reason, when the eyes are closed there is very little sensation and most people find that they can wear the lenses without any problem.

Is Everyone Suitable?

We will only consider patients who meet strict criteria for this technique which, for the time being, are short sighted people and those who have low to moderate amounts of astigmatism. Because these lenses are worn at night, people who have problems with dry eyes and allergies are often able to cope well with this lens type.



Is Orthok Expensive?

Ortho-k is a specialist service and for this reason initial fitting costs are greater than for conventional contact lens correction. Our fitting fee is from £160 and includes all measurements and trial lenses. In the unlikely case that your response to ortho-k not be suitable, and treatment not commenced, we will refund £50.

There is a monthly fee of around £55 which includes routine after-care and follow-up appointments, a new pair of lenses every six months and cleaning solutions. This fee will vary slightly from person to person depending on individual prescription and solution requirements.

How do I proceed?

Just book an appointment for a full spectacle eye examination and mention Ortho K and we will assess your suitability for a trial.