



Brenton Loose, O.D.*
Vincent Budac, O.D.
*denotes optometric corporation

2344 WESTWOOD DR.
PRINCE GEORGE, BC V2N 4H3
Tel: 250.649.2020 Fax: 250-612-3998
info@envisioneyehealthclinic.com
www.envisioneyehealthclinic.com

Overnight Corneal Reshaping Questions and Answers

Overnight Corneal reshaping (OCR) is done with special contact lenses that gently flatten the cornea (front of the eye) to allow the eye to see clearly without glasses or contact lenses. This is also known as **Orthokeratology**. Recommended website: <https://www.orthokacademy.com/information-for-patients/>

How does it work?

Overnight Corneal Reshaping uses rigid gas permeable contact lenses to flatten the cornea as you sleep. The lenses are then removed upon waking and you enjoy great vision all day without the need for glasses or contact lenses.

What are the benefits of Overnight Corneal Reshaping lenses?

There are three main benefits:

1. No glasses or contact lenses are needed during waking hours.
2. Studies show that on average Overnight Corneal Reshaping lenses reduce nearsighted progression by 51%.
3. Axial growth (elongation) of the eye is 63% less with Overnight Corneal Reshaping lenses.

Results in our clinic have been very favorable. Dr. Loose has been fitting these lenses since 2000.

What are the associated costs?

1. Initial fitting \$ _____ Includes all initial instruction, lenses and 6 months of follow-up.
2. Replacement lenses \$ _____ per lens

Do I have to pay this every year?

No, after the program is completed you will continue to have annual eye examinations and maintenance checkups.

How often do the lenses need to be replaced?

A pair of retainer lenses will typically last 1-2 years.

What type of prescription can be treated?

These lenses work very well for mild to moderate nearsightedness (myopia), i.e. less than -4.75 and with little astigmatism.

Myopic control is still effective above -4.50, however, you may not achieve full correction and supplemental glasses may be required for seeing in the distance.

How safe is Overnight Corneal Reshaping?

The risks are the same as with other contact lenses. Proper care and wear of the lenses is essential to maintain good ocular health. As with any contact lens use, regular corneal and contact lens exams are required to monitor eye health.

What if I skip a night?

Since the actual change taking place is a gentle reshaping, the cornea will return to its original shape over time. After one night without the retainer lenses, your vision will likely be affected a little but very functional for regular activities. After about a week without the retainer lenses you would almost be back to your original prescription.

How long does it take to see results?

A large change is seen after the first night. Depending on the prescription, most enjoy clear vision after 1-3 nights of wear.

Can I see clearly while I wear the lenses?

Yes. When the lenses are used regularly you will see well with and without them.

Can I feel the lenses in my while I sleep?

You will be aware of the lenses but they will not interfere with your sleep.

How long has this technology been around?

The idea has been around since the 1940's, however, in the early 1990s more sophisticated designs allowed fast and accurate results. What used to take several months is now done in a matter of days.

The expectation is that patients will wear the reshaping lenses into early adulthood or beyond. What will happen if I decide to stop wearing the lenses then?

Typically the progression of myopia slows down significantly in the late teens to early twenties. Stopping the use of the corneal molds at that time is acceptable if desired.

Our results show that after young adults stop wearing the corneal molds in their late teens, their prescription is only slightly more than when the treatment was initiated compared to the anticipated large changes previously seen.