

What is

ORTHO-K E R A T O L O G Y ?

Imagine being able to enjoy the benefits of clear, crisp vision throughout the day without having to wear eyeglasses or contact lenses. Believe it or not, thanks to advances in optical technology many people affected by refractive errors can eliminate the need for corrective lenses during waking, daytime hours simply by wearing specially designed contact lenses just at night.

Orthokeratology (Ortho-K), which is also known as overnight vision correction or corneal reshaping, involves the use of specially designed rigid gas-permeable contact lenses to gently reshape your corneas. Placed at bedtime and removed in the morning, these lenses precisely mold the front surface of the eyes so that clear, crisp vision can be enjoyed throughout the day.

With Ortho-K, your vision markedly improves as the reshaped corneas now correctly focus light on the retina to produce clearer images. Thanks to Ortho-K, perfect or near perfect vision can be enjoyed throughout the day. In fact, according to clinical trials conducted by the US Food and Drug Administration, treatment with Ortho-K enabled more than 65% of patients to achieve 20/20 visual acuity and over 90% to correct their vision to 20/40 or better.



Ortho-K provides a safe and therapeutic option for vision correction in children, teens, and adults. Commonly used to address mild to moderate myopia (nearsightedness), other types of refractive errors may also be treated with this method of care. Ortho-K offers an effective, non-surgical alternative to LASIK and other refractive surgeries for individuals who, because of their youth or issues involving the health of their eyes, are not candidates for those procedures. It is also a good choice for people who are active in certain sports, or have jobs in environments where wearing contact lenses can be more difficult.



While some people experience significant improvements in vision after just a night or two of wearing Ortho-K lenses, more time may be needed for complete vision correction in cases involving larger refractive errors.

Besides being non-invasive and suitable for patients of all ages, treatment with Ortho-K is completely reversible. This means that it can be discontinued at any time without any permanent changes to your eyes; thereby leaving you free to once again explore wearing eyeglasses, contact lenses during the day or having a LASIK procedure.

Your optometrist will guide you in determining the best method of correction to address your vision needs as well as help you choose one that best suits your lifestyle. If you are a candidate for Ortho-K, a special fitting procedure to measure the curvatures of your corneas is required. This quick and painless process accurately maps the landscape of your corneas. By precisely fitting lenses to reshape the cornea, maximum vision correction can be achieved. In some cases, more than one set of lenses may be required to reach the desired prescription.

If you would like to learn more about vision correction with Ortho-K, you can consult your optometrist for detailed information on this method of care. Remember, partnering with your optometrist is the smartest way to maintain the health of your eyes and enjoy the best possible quality of vision.

