

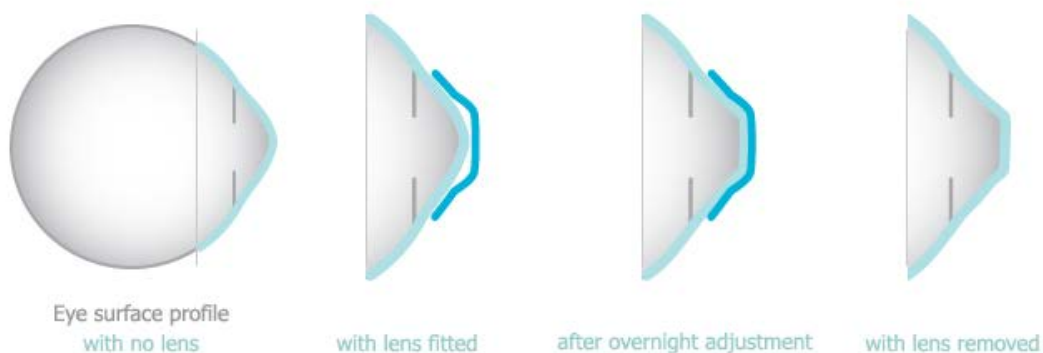
What is Orthokeratology (OrthoK)?

OrthoK (short for orthokeratology) is a nonsurgical procedure using specially designed contact lenses to gently reshape the curvature of the eye to improve vision.



How does Orthokeratology (OrthoK) work?

It works each night while you sleep. You put the lenses on when you go to bed and remove them when you wake up. Your vision is clear during the day, without glasses or contact lenses.



(Illustration exaggerated)

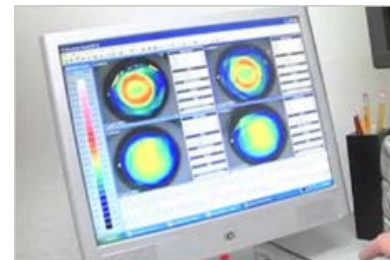
Features of Orthokeratology (OrthoK):

- Safe and reversible
- Uses a unique process that can free a person from glasses or daytime contact lenses
- Can prevent a child's [nearsightedness](#) from getting worse
- Easy lens care each night, even for children
- Often the best treatment for nearsightedness, over any daytime lenses

Understanding Orthokeratology (OrthoK)

Our eyes must be in focus for us to see accurately, just as a camera must be in focus to obtain a clear picture. Light, which gives us vision, is focused largely by the eye's front surface or cornea. OrthoK (short for orthokeratology) gently molds or focuses the cornea while a person is sleeping, creating a sharpened image when they wake.

VIDEO



A short overview of how OrthoK works and its benefits. [Watch Video](#)



[Who is a Candidate?](#)



[Controlling Myopia](#)



[Testimonials](#)

Your doctor will design the OrthoK mold to obtain the change needed to achieve clearly focused vision. When the lens is removed in the morning the cornea begins to return to its original shape but so slowly that good vision is maintained all waking hours. Each night the process is repeated although some find they only need to wear their molds every other night.

The elastic tissue of the eye is not harmed by this daily process. Perhaps an analogy that most of us have seen would be the ridges formed on the ankles by a snug fitting pair of socks. The ridges eventually go away and the tissue remains healthy.

OrthoK is reversible. It is not a permanent alteration of tissue and thus is an excellent Lasik alternative for those reluctant or unable to undergo a surgical alteration of their corneas.