

## THE ORTHO-K TREATMENT PROCESS

**Comprehensive eye exam:** Total eye health is evaluated, including visual acuity, keratometry, corneal mapping (topographer), corneal size and tear production.

**Ocular Health Examination:** Special care will be taken to determine the integrity of your cornea.

**Ortho-K Consultation:** Dr. Ha will walk you through every step of the treatment process in detail. This is a good opportunity to answer all your questions or concerns.

**Design & Manufacturing:** Dr. Ha will design custom Ortho-K molding lenses to gently reshape your cornea curvature. Dr. Ha will take great care to create a lens regimen that is especially tailored for you to achieve the best results.

**Training:** Dr. Ha and her staff will train you on how to properly insert, remove, and care for your Ortho-K lenses.

**Follow-Ups:** Dr. Ha will regularly monitor your Ortho-K treatment and perform fitting exams in order to fine-tune your vision shaping lenses so that you may achieve the best possible vision. Follow ups scheduled at 1 day, 1 week, 1 month, 3 months, and 6 months are typically expected.

**Maintenance:** In order to maintain the best vision results, you will be prescribed a retainer molding lenses and Dr. Ha will monitor your eye health annually. Enrolling in our OrthoK Maintenance Program is highly recommended to help ensure continuous success with the Ortho-K vision shaping lenses and your overall eye health.



Dr. Laura Ha is dedicated to helping you & your family maintain a lifetime of clear healthy vision. Dr. Ha earned her Bachelor of Science at UCLA and her Doctorate of Optometry (O.D.) at the Southern California College of Optometry. As a member of the Orthokeratology Academy of America she is certified to fit Ortho-K lenses, Dr. Ha has trained with some of the nation's best Ortho-K doctors through the Vision Shaping Treatment Design Certification Program.

About orthokeratology, Dr. Ha says, "I'm very excited about Ortho-K vision shaping lenses, especially for children who are so dependent on glasses and whose nearsightedness are increasing yearly. With this breakthrough technology, I truly believe these children can benefit greatly from myopia control. My favorite part of this vision shaping program is at the 1 day follow up, the children's amazement with their new vision and freedom to be active, is such a joy to see. I have fitted Ortho-K lenses on my teenage brother and he loves the results. He can now enjoy the freedom of swimming and other outdoor activities without depending on glasses or contact lenses."



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EYECON OPTOMETRY

# ORTHO-K

SLEEP. SHAPE. SEE.

## VISION SHAPING LENSES

Nearsightedness, Farsightedness & Astigmatism



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## WHAT IS ORTHOKERATOLOGY? (ORTHO-K)

Orthokeratology (Ortho-K) is a **non-surgical** vision shaping therapy program to control nearsightedness, farsightedness and astigmatism through the use of customized gas permeable lenses (RGP). It is FDA approved and a safe alternative to refractive surgery (e.g. LASIK)

### WHO ARE GOOD CANDIDATES?

- Mild to moderate nearsightedness, farsightedness and astigmatism.
- Children whose prescription get progressively worse every year.
- People with difficulty or discomfort wearing contact lenses or glasses during daytime due to dry eyes or eye allergies.
- People who are regularly exposed to dusty, windy conditions that dry out eyes and cause discomfort for contact lenses.
- Adolescents and teens who are not eligible for LASIK.

### WHAT ARE THE BENEFITS?

- Less dependent on glasses or contact lenses during the day. The Overnight vision shaping lenses mold the cornea so you can enjoy clear vision through out the day.
- Controls myopic progression. This procedure may slow down nearsightedness in patients who are undergoing critical vision development (children ages 6-18)
- Excellent choice for active children who play sports. Now there are no more broken glasses.
- This is safe alternative to LASIK. This treatment is reversible, non-invasive and non-surgical therefore, you will not have any permanent changes to your cornea.
- Orthokeratology is supported by extensive clinical research and Ortho-K vision shaping lenses are FDA approved for safe use during sleep.

## FREQUENTLY ASKED QUESTIONS

**Q: My teenage daughter complains that her glasses are bothering her when she plays soccer, is Ortho-K right for her?**

A: Ortho-K is the ideal treatment for her. She is too young to have refractive surgery and cannot play soccer comfortably with her glasses. Ortho-K may correct your daughter's vision by molding her cornea while she sleeps at night, so she can enjoy sports without depending on glasses during the day.

**Q: Is it painful to wear Ortho-K lenses?**

A: No, these specially designed gas permeable lenses are made with the highest oxygen permeable material that allow your eyes to stay healthy and comfortable. . Since the Ortho-K lenses are worn during sleep, lens discomfort is minimized.

**Q: How often do I need to wear the Ortho-K lenses?**

A: To achieve the best possible results, we recommend wearing Ortho-K lens nightly for at least 8 hrs during sleep for the first month of fitting. Dr. Ha will customize your regimen depending on how your prescription changes.

**Q: How long do the lenses last?**

A: Ortho-K lenses last for years. Factors that may alter the longevity of the lens are the pace of your prescription change and how well you maintain the lens. It is important to enroll in the Ortho-K Maintenance Program after your treatment so Dr. Ha can evaluate the health of your eyes and dispense a fresh new pair of lenses yearly.

**Q: Will my vision get blurry right away if I skip wearing my Ortho-K lenses one night?**

A: No, your improved vision should last for days after the cornea is molded to its potential . You may wear the lens during daytime if blurring occurs, your vision should clear up as soon as you resume your Ortho-K treatment.

**Q: What causes the increases in Myopia (Nearsightedness)?**

A. It is partly due to the increase in "near point" tasks, such as extensive reading and writing, computer use, playing video games and smart phone use. Your eyes have no time to relax. Some clinical research indicate that the constant eye strain cause the ciliary muscle to pull on the retina, resulting in the elongation of the eye.

**Q: Will the lens shift position and go behind my eyes when I sleep?**

A: No, your eyes are completely covered with protective conjunctiva and this membrane folds and acts as a barrier around the eye.

**Q: What is the age limit for Ortho-K?**

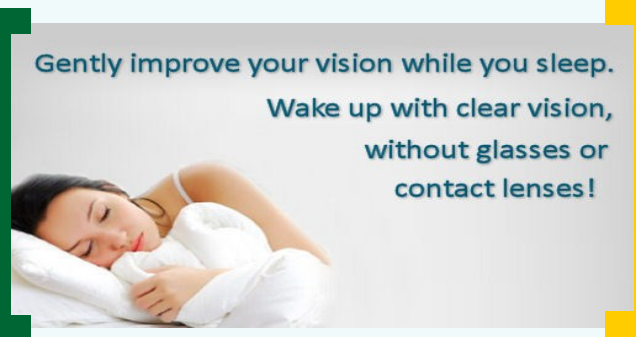
A. Both children and adults are eligible depending on the individual's prescription. Ortho-K may be especially beneficial for those who frequently enjoy outdoor activities such as golf, tennis, swimming and biking.

**Q: Are there any side effects?**

A: Some patients may report glare and halos in the beginning of the treatment but those side effects tend to be resolved with time. Ortho-K vision therapy is safe as long as you are monitored closely by your optometrist. Maintaining proper Ortho-K lens hygiene will also help prevent complications.

**Q: What type of OrthoK Lenses will I be fit with?**

A. There are 9 different custom FDP approved design companies that are available . Based on your prescription and astigmatism, Dr. Ha will choose the best lens from Bauch & Lomb ,or Paragon CRT .



Gently improve your vision while you sleep.  
Wake up with clear vision,  
without glasses or  
contact lenses!