

Corneal Refractive Therapy Frequently Asked Questions

Q: What is CRT®?

A: CRT®, or Corneal Refractive Therapy, is a form of orthokeratology that utilizes a unique rigid gas permeable contact lens designed to temporarily correct myopia (nearsightedness) by reshaping your cornea while you sleep. You may then be able to go throughout the day without any lenses. CRT® lenses are made from highly oxygen permeable contact lens material in a special design intended for this purpose.

Q: Can everyone wear CRT® Lenses?

A: Not everyone is a candidate for CRT®. This lens is intended for individuals with low to moderate myopia (nearsightedness up to -6 diopters) and mild astigmatism. During clinical trials, over 85% of the enrolled patients completed nine months of lens wear.

Q: Who should not wear CRT® Lenses?

A: Persons who exhibit any of the following conditions should not undergo CRT®:

- Inflammation or infection of the eye
- Any eye disease, injury, or abnormality that affects the cornea or surrounding tissue
- Any systemic disease that may affect the eye or be worsened by wearing contact lenses
- Allergic reactions of eye, which may be caused or exaggerated by wearing contact lenses or use of contact lens solutions
- Eyes that are red or irritated, or suffer severe dryness

Q: How do I know if I am a candidate for Corneal Refractive Therapy/Orthokeratology?

A: Schedule a complimentary screening with our office. This appointment will take approximately 30 minutes. During the consultation we will determine candidacy and educate you on the expectations of the procedure.

In general, ideal candidates for CRT can be any age but must have healthy eyes. Candidates should be dependent on glasses and/or contact lenses and have a desire to reduce this dependence during daytime hours.

Q: How likely is it that Paragon CRT® will work for me?

A: Of the 159 eyes targeted for 20/20 vision (who had this acuity with their best spectacles), 59% obtained 20/20 or better without other correction and 92% obtained 20/40 or better at 9 months. (20/40 vision is the acuity required in most states to drive without glasses). 67% Of the subjects obtained 20/20 vision in at least one eye (their better seeing eye) and 94% achieved 20/40.

Q: How long does it take to reach good vision?

A: Most patients have rapid improvement in the first few days of treatment and have achieved nearly their optimum vision in 10 to 14 days. A small percentage of patients will not improve enough to function under all conditions without additional correction.

Q: Is Corneal Refractive Therapy permanent?

A: No, it is temporary. If you stop wearing the lenses regularly while you sleep your lens-free vision will return to its original state in as little as 72 hours.

Q: What do I do in the period of time between when I start Paragon CRT® and when I achieve treatment?

A: It is important to understand that for a time after you have begun beginning treatment but before sufficient treatment is realized, your old glasses will no longer be the appropriate prescription. Your eye care professional will discuss what your options are for visual correction during that period of time.

Q: How do I care for my lenses?

A: Your lenses should be cleaned and disinfected promptly after every use. We will instruct you on the lens care system that is best for you. Your lenses may need to be replaced more frequently if not cared for properly.

Q: What are the risks of wearing Paragon CRT®?

A: There is a small risk involved when any contact lens is worn. It is not expected that the Paragon CRT® Contact Lenses for Corneal Refractive Therapy will provide a risk that is greater than other rigid gas permeable contact lenses. Because this procedure is reversible some patients may notice changes in their vision late in the day.

The two most common side effects that occur in rigid contact lens wearers are corneal edema and corneal staining. It is anticipated that the same side effects will also occur in some wearers of Paragon CRT. Other side effects that may occur in all contact lens wearers are redness, tearing, irritation, corneal abrasion or distortion of vision. These are usually temporary conditions if the contact lenses are removed promptly. In very rare instances, infections of the eye, corneal ulcer, iritis, or neovascularization, corneal scarring, permanent decreased vision may occur. The occurrence of any side effect is minimized if proper lens care is exercised.

Q: What are the fees for CRT®?

A: Corneal Refractive Therapy care is based on a global fee. It is not dependent upon the number of office visits or contact lenses used. Appointments will be made as often as necessary to accomplish our goals. The fee for CRT® includes all professional services and all Paragon CRT® therapeutic lenses that are required to complete the treatment, for a period not to exceed (12) twelve months.

The global fee for our services related to your Corneal Refractive Therapy treatment, including all treatment lenses prescribed is \$1400. This fee is to be paid at the time of dispensing your initial Paragon CRT® therapeutic lenses. Our office also offers a convenient 6 month payment program. The fee for this program is an additional \$50 and requires an initial deposit of \$250 and six payments of \$200.

Q: What are some important things for me to remember?

A: If you feel like you are having a problem with your vision or contact lenses, immediately remove your lenses and call your eye care professional. Always follow the instructions your eye care professional has given you about lens wear, follow-up, and lens care systems.