



Corneal Reshaping – Frequently Asked Questions....

• What is Corneal Reshaping (CR)?

CR, also known as Vision Shaping, is a sophisticated, non-surgical process that reshapes the corneas while you sleep. The lenses are removed when you are awake and you are able to go through the day without any other correction.

• Is CR approved by the FDA?

Yes.

• Is CR permanent?

No. It's temporary. If you stop wearing the shaping lenses regularly while you sleep, your vision will return to its original state in as little as 72 hours.

• Is everyone a candidate for CR?

No. CR is ideal for individuals with low to moderate myopia (nearsightedness) with or without astigmatism. At this time, hyperopia (farsightedness) is not correctable with CR.

• How long does it take to reach good vision?

Most patients have rapid improvement in the first few days of treatment and achieve 90% of the desired results in 10 to 14 days. Thereafter, the lenses must be worn routinely to maintain optimum vision.

• What do I do to see adequately in the period of time between when I start CR and when I achieve full treatment?

It's important to understand that for a time after you have begun treatment, but before sufficient treatment is realized, your old glasses or contacts will no longer be the appropriate prescription. It may involve insertion of your shaping lenses for part of the day or some use of temporary soft lenses in different prescriptions as an option. Your doctor will discuss your options for visual correction during that transitional period of time.

• Can I see with my shaping lenses in?

Yes. One of the great features of the shaping lens is that if you have to get up in the middle of the night, you will be able to see where you are going. Or, if during the initial treatment phase, you find you need some form of vision correction, you can put in your shaping lenses and see clearly.

• How often will I have to replace my shaping lenses?

Generally speaking the lenses will have to be replaced once a year. However, depending on factors such as protein build-up, how well the lenses are taken care of, etc., the lenses may have to be replaced more frequently.

• How do I care for my shaping lenses?

Your lenses should be chemically disinfected after every use (not heat). We will instruct you about which care system is best for you.

• How much does CR cost?

The cost for your initial fitting, professional care, follow-up and shaping lenses is \$1,500 (for both eyes) or \$900 (for one eye). After your first year, the annual cost of CR is about the same as wearing contact lenses or glasses. If you are interested in

financing, we have several options available. Additionally, CR may be covered in part by your insurance company. It is also eligible for reimbursement through most Flexible Spending Accounts.

- **Is CR painful?**

The therapy is not painful. Initially, you may have a slight awareness of the shaping lens. You will not feel the lenses when you sleep and there is no sense of physical corneal change.... just visual improvement when the lenses are removed.

- **Are there age restrictions for CR?**

No. The FDA placed no age restrictions on candidates for CR. CR is being successfully performed on children 8 years of age and older. It can be a great option for children and teens that are active in sports activities or any other extra curricular activities.

Those who are older and presbyopic (requiring reading glasses or bifocals) may still be candidates for CR by having their distance vision corrected with CR and wearing near-vision reading glasses for close work. Visual requirements due to age or activities can only be assessed after a thorough eye exam. Your doctor will recommend what is best for you.

- **Are shaping lenses difficult to insert or remove?**

These lenses are generally no more difficult to insert or remove than any other similar contact lens. You may want to instill rewetting drops prior to insertion of the lenses and immediately upon waking. The lenses must move freely prior to removal.

- **If I discontinue CR, will my vision to return to normal?**

There are no recorded permanent corneal changes post-treatment. Generally, the more myopia being reduced, the longer it will take for the corneal curvature to return to normal. For instance, if your pretreated correction was - 4.50D, it would take a few days longer to return to normal than if the pretreated correction was -1.50D.

- **My driver's license is marked that I need corrective lenses to operate a motor vehicle. What do I do about that?**

We will supply you with a document that states you are participating in a visual therapy program that eliminates the need for corrective lenses during working hours. The document should have an expiration date and you should have your driver's license updated with a new vision screening through your local DMV office to reflect this change, before the expiration date.

- **What happens if I lose or damage a lens?**

CR is different than wearing regular contact lenses. If you discontinue wear for one night, your vision may be impaired the next day. Previously worn glasses or contact lenses may not help. Immediate replacement is necessary! **Having a spare pair of lenses is strongly recommended.** Lost/broken or spare shaping lenses during the first year will be replaced at a cost of \$85 each. After the first year, lenses will be replaced at cost of \$150 each.

- **Do insurance plans cover CR?**

It depends on your individual insurance plan. If regular contact lenses are covered under your vision care plan, CR may be partially covered. You should check with your benefits plan administrator.

- **I suffer from "dry" eyes. Am I a candidate for CR?**

Only your doctor can determine if you are a CR candidate. Many patients with slightly dry eyes do well with CR. Since you are wearing the lenses only while sleeping, the closed eye state minimizes evaporative loss of tears and can give dry-eye patients suitable vision without compromising the ocular surface.

- **I used to wear contact lenses, but stopped due to discomfort. Am I a candidate for CR?**

Shaping lenses are worn at night while you are sleeping. This greatly reduces any discomfort normally experienced while wearing contact lenses during the day.