

23 March 2010

My name is Henry F. Karwan and I've been using Ortho-K contact lenses to safely resculpt my eyes overnight for seven years. I made the switch after wearing glasses for over 20 aggravating years. I hated the way my glasses accumulated skin oil, lovely green corrosion from my skin oil, dust, fingerprints, and scratches no matter how carefully I took care of them. I can't stand having anything interfere with my vision.

I hated waking up seeing a fuzzy unfocused picture of the world due to my crappy vision. I hated seeing a fuzzy world when I went swimming. The weight of glasses on my nose and the temples digging into my ears was an ever present and growing nuisance even with lightweight polycarbonate lenses and titanium frames. I despised the so-called non-slip nose pads which never worked for long, requiring me to frequently shove my glasses back into their proper position.

I decided on Ortho-K because it was a safe and reversible method of correcting my eyesight. I've looked at eye surgery with extreme skepticism and fear because of the absolutely horrific complication that can and do occur. So you want to cut my eyes and then zap them with a multi-watt laser while hoping for a good outcome? Umm ... no.

There's no way in hell I would risk night blindness, dry eye, permanent visual artifacts like halos and stars, or "corrected" vision that is worse than what I had before the operation. I'm not aware of any effective way to fix the damage that can occur from laser eye surgery. The reward verses the potential risk of permanently screwed up sight is simply too high.

Ortho-K is safe. I didn't have my eye sliced open risking infection nor did I have to worry that the surgeon might make a mistake by removing too much tissue from my eye. I enjoy having crisp, sharp vision that lasts all day and night, and into the next day. I'm very happy that my eyesight has remained very stable using the Ortho-K compared to ever changing and stronger prescriptions I had for glasses.

Ortho-K has basically no risk. If I didn't like the results I could always go back to wearing glasses and not be any worse off physically.

My reward was vision correction that eliminated astigmatism and eyesight that is almost 20/15. I have and always will recommended Ortho-K as the best way to correct your vision if you don't want to wear glasses or contacts. Your eyes are too precious to risk on laser surgery.