

THE GENTLE VISION SHAPING SYSTEM (GVSS)

Attempts to re-shape the cornea have been tried since the introduction of contact lenses. The process used to be called ortho-keratology. This process would often take over a year to complete and the results were not nearly as favorable as GVSS. For this reason, many doctors and patients elected not to participate in ortho-keratology. With the newer diagnostic technology used to measure the corneal shape and the newer materials being used for vision retainers, GVSS is now a viable alternative for many nearsighted or astigmatic patients.

GVSS uses specially designed vision retainers to gently and gradually reshape the front surface of the eye (the cornea) to eliminate or reduce nearsightedness (myopia) or astigmatism. It is similar to the use of a dental retainer used by an orthodontist to realign crooked teeth. The vision retainer is similar to a contact lens and worn only at night, while sleeping. It is then removed upon awakening.



FOLLOWING ARE ANSWERS TO THE MOST FREQUENTLY ASKED QUESTIONS REGARDING GVSS...

Why think about GVSS? Why not just wear eyeglasses or contact lenses?

The main purpose of GVSS is to be free from both contact lenses and eyeglasses for the majority or possibly all waking hours. While this is ideal for sports enthusiasts or those who work in dusty or dirty environments, for others GVSS offers the appeal of being free from corrective lenses during the day. GVSS also offers relief from the problems sometimes associated with full time contact lens wear like drying of the eyes and things getting on or under the lenses.

Does GVSS have any advantages over Laser Surgery?

There are several. GVSS is less than half the cost of Excimer Laser Surgery. It does not involve any post-operative pain. Also, the hazy post-operative vision that can be associated with laser surgery does not occur with GVSS. Also, prescription changes are easy to deal with using GVSS. There are no steroid or antibiotic drugs needed with GVSS as there are during the post-operative period for laser surgery. Lastly, and perhaps most importantly, GVSS is reversible and laser surgery is not.



I started wearing GVSS lenses when I played high school lacrosse. I was able to pass the Motor Vehicle Administration vision test without glasses or contact lenses. Even though we are over an hour away from Eye Design, it is worth the time so that I can see clearly.

Chris Shomper,

Is everyone suitable for GVSS and can any doctor perform it?

The answer to both questions is no. It does not work on every patient and needs to be performed in a very exact and meticulous manner. We have received special training and have the necessary diagnostic equipment, computer software and expertise to perform GVSS.

The procedure works best on mild to moderate amounts of nearsightedness or astigmatism. More severe

cases can have their vision improved, but will still need some vision correction. The procedure also does not work well on certain shaped corneas. Also, there are several unmeasurable factors for each patient - most notably the cornea's rigidity. Thus the speed of GVSS varies with each patient. Generally, but not always, less nearsighted patients respond faster than more nearsighted ones. There are no age barriers for GVSS. It is safe for children and adults and is an excellent alternative for children who are just first becoming nearsighted.

Also, while success rates are very high, success cannot be guaranteed due to factors like the inability to wear the vision retainer for physiological reasons, dry eyes or other systemic health problems that may reduce wearing time.

What does the GVSS program involve?

A comprehensive eye health examination is performed first. Then, a corneal topographer is used to obtain a precise "map" of the cornea's shape. If at that time it is determined that you are a good candidate for GVSS, your own vision retainers will be ordered. It takes about two weeks for the retainers to be made and delivered.

When you pick up your retainers, you will be instructed on how to use and care for them. The maintenance is very easy and involves only one bottle of solution. If the retainers fit properly, you will wear them that first night.

We will see you the next morning. You should come to the office wearing your vision retainers. We will remove them for you. Of course, should you experience any problems while at home with your retainers, simply remove them.

Most of the visual changes occur rapidly over the first few days or weeks. We will see you often during these first few weeks.

Most patients are done with their treatment in three to six months although some may take more or less time. When the treatment is completed, the last retainer used will be worn on a nightly basis.

How much does GVSS cost?

The total fee for the entire GVSS program is between \$1,650 - \$2,150. This includes all of the professional visits and vision retainers needed to achieve optimal vision. Lost, broken or spare retainers are available at a cost of \$185-\$265 for each eye. A payment plan is available.

We offer no-interest payment through Care Credit or 10% prompt payment discount if paid in full.



Good vision is essential to law enforcement. I have been using the GVSS lenses for the past eight years. I enjoy having clear vision without the use of glasses or contact lenses throughout my twelve hour shifts. GVSS has been effective whether I work dayshift or nightshift.

TJ Shomper,
St. Mary's County Deputy



Waking up and being able to see the world clearly. For me, that is the most satisfying result of GVSS. Being nearsighted with a moderate amount of astigmatism, the world has been a blur to me since the age of four. I couldn't make out the details of my surroundings or even the words on this page without the help of glasses, or later, soft contact lenses.

However, after removing the GVSS lenses that first morning, I could see the 20/20 line, something I had never been able to accomplish before without correction. I wear the GVSS lenses at night and don't have to bother with glasses or contacts all day. I see clearly to drive, check my email, read a book, cook dinner, everything! It's easy, convenient and it's a vision-correcting technique that I continue to be amazed by. It's exciting to wake up every day and see clearly.

Lindsey Parker,
Optometry Intern

OFFICE HOURS

Monday 9:00am TO 7:30pm

Tuesday 8:00am TO 1:30pm

Wednesday 9:00am TO 5:30pm

Thursday 10:00am TO 7:30pm

Friday 10:00am TO 5:30pm

Saturday & Sunday CLOSED

LOCATION

FROM THE BELTWAY: 495 EAST/WEST:

Take Exit 7A (RT. 5/Branch Ave. South) From Branch Avenue, take the exit to Coventry Way. Merge right onto Coventry Way and at the first light, merge right onto Old Branch Ave. Our office is located on your left in a 4-story office building. Our entrance will be to the right of the main entrance.



Dr. John L. Burns • Optometrist

Barry Miles • Optician

7801 Old Branch Avenue

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Clinton, MD 20735

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Call to schedule your comprehensive eye exam, contact lens exam, or complimentary GVSS consultation. You can also visit us at our websites:

www.eyedesigneyecare.com
www.facebook.com/eyedesign1

