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## Global Corneal Molding (GCM)

“What is **GCM**?”

Global Corneal Molding therapy uses specially designed vision retainer lenses to gently and gradually reshape the front surface of the eye (the cornea) to eliminate or reduce nearsightedness (myopia) or astigmatism. The principle is similar to the use of a dental retainer used by an orthodontist to realign crooked teeth. The vision retainers are similar to rigid gas permeable contact lenses and are only worn at night while sleeping. They are then removed upon awakening to provide clear vision throughout the day without using glasses or contact lenses. The retainers are comfortable and very easy to care for.

“Why should I consider **GCM** instead of glasses or contact lenses?”

The main purpose of **GCM** is to free you from both contact lenses and glasses during waking hours. It is an ideal therapy for sports enthusiasts, for people who work in dusty or dirty environments, or for those that just want to function without corrective lenses during the day. **GCM** also offers relief from problems sometimes associated with full time contact lens wear, such as dryness, allergies, and hypoxia due to soft contact lens over wear.

“Does **GCM** have any advantages over Laser Surgery?”

There are several. **GCM** is considerably less expensive than Laser Vision Correction. Laser surgery is an invasive procedure. **GCM** is not. Corneal molding does not involve any post-operative pain or hazy post-operative vision that can be associated with laser surgery. There are no strong steroids or antibiotic drugs needed with **GCM** as there are during the post-operative period for laser surgery. Lastly, and perhaps most importantly, **GCM** is reversible. Laser surgery is not. **GCM** allows for changes in prescription need with natural changes in the eye over time.

“Is everyone suitable for **GCM**?”

The procedure does not work on every patient. It works best on mild to moderate amounts of nearsightedness or astigmatism. Those with high amounts of nearsightedness and astigmatism can have their vision improved, but will still need some vision correction. The procedure does not work well on certain irregularly shaped corneas or on very rigid corneas. The speed of the **GCM** effect varies with each patient. Less nearsighted patients generally respond faster than more nearsighted ones. There are no age barriers for **GCM**. It is safe for children and adults. While success rates are very high, success cannot be guaranteed due to factors such as the inability to tolerate the vision retainer, physiological incompatibility, or systemic health problems that may reduce wearing time.