For those who struggle with getting their lenses in properly, it may be worth investing in a simple device to help. The ring is placed in the well of the ring. After filling with non-preserved saline, the lens can now be replaced.

Studies are underway in South America, and soon a low-cost alternative to commercial CXL. Particularly for those who have unsteady hands, or who dislike the sensation of spills and air bubbles get trapped in the bowl. It may take several tries to get your lens just right.

For keratoconus patients who desire an alternative to commercial crosslinking techniques, the non-preserved saline method may be a viable option.

Now a Professor of Clinical Ophthalmology at the University of South Florida in St. Petersburg, Florida, Dr. Alex Jarstad, who has split his time between private practice in the Boston area and teaching at the University of Missouri-Kansas City’s Edward Via College of Osteopathic Medicine, says he has seen promising results when he visited colleagues in Greece. Several years ago, he began splitting his time between the two places, performing procedures and refining CXL techniques for the past two decades. Many treatments that were once regarded as cutting-edge, such as the Athens Protocol, are being performed every day. With the use of non-preserved saline, it’s now possible to create a natural, non-pathologic cornea in some patients.

We’ve seen the development of a more natural cornea for patients in our retina clinic. The non-preserved saline method can improve the outcomes for patients with keratoconus who struggle with the sensation of spills and air bubbles get trapped in the bowl. It may take several tries to get your lens just right.

For keratoconus patients who desire an alternative to commercial crosslinking techniques, the non-preserved saline method may be a viable option.

Dr. Jarstad encourages patients to consider the non-preserved saline method in lieu of commercial CXL. Studies are underway in South America, and soon a low-cost alternative to commercial CXL. Particularly for those who have unsteady hands, or who dislike the sensation of spills and air bubbles get trapped in the bowl. It may take several tries to get your lens just right.

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