

# MULTIFOCAL ADVISE

## HOW QUICKLY CAN I ADAPT TO MY NEW MULTIFOCAL LENSES?



1.

### Wear them as your primary pair.

If you try and ease your way and wear them interchangeably with your previous spectacles, it will take far longer to adjust.

2.

Try the following for the peripheral distortions that you might experience as well as the swim and sway sensation when you make quick head movements (especially first-time wearers):

Find and use the new focus fields in your lenses instead of using whatever area is most convenient. There are three main areas: near, intermediate, and far.

Learn the new focus fields by making very slight head movements and looking more directly at objects.

A simple rule: point your nose where you want to see and slowly lift your chin to find the best focus fields suited to your viewing distance.

Do not move closer or further from the object you are looking at, instead slightly move your chin up or down to find the best focus fields on the lens.

3.

Be fair to yourself. Allow yourself a few days to adapt.

4.

Most important: KEEP THEM ON!!

5.

Multifocal lenses can be personalised to your needs which makes the adaptation period faster.

### What does it mean to be personalised?

**Adjusting for viewing distance:** If you spend a lot of time with books, screens, and objects close to your eyes, you will need a lens that gives preference to focus on the near distance. If you are mostly outdoors, then you won't need the same level of support for close objects, and your lenses will give preference to intermediate and far distances.

**Choosing the correct corridor width:** The corridor is the focus field that runs vertically from top to bottom in the centre of the lens.



Lens designers and manufacturers have made significant progress in minimising distortion areas. But peripheral distortions will be present even with the best quality multifocal lenses produced using the latest manufacturing equipment and processes.

6.

### Not all frames fit multifocal lenses.

Matching correct frame size and shape with the lens is the final step to ensure all components of your multifocal works correctly.

A lens is cut to size and shape to fit the frame. Trying to squeeze a lens into the wrong frame will reduce the useable focus fields as too much of the lens need to be cut away for it to fit.

But don't worry, there are all kinds of shapes, colours and sizes that will allow you to get the fantastic benefits without compromising style or your personality!

If you switch to a larger frame, you will have to make small adjustments to your eye movements because the near vision zone has shifted lower down the lens.

Make sure your new glasses are a correct and comfortable fit to allow you full usage of the different focus fields.