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HOW TO ADJUST TO A PROGRESSIVE MULTIFOCAL

Your new progressive lenses provide you with the most natural vision possible. Modern progressive multifocal lenses have no visible lines and a smooth progression of power making them functionally and cosmetically the lens of choice for adult patients.

Utilizing your new progressive lenses is natural, but as with any new tool, it initially requires practice. For distance sight simply point your nose at your visual target. Just like a golf club, a progressive lens has a more efficient "sweet spot" in its center. Turning your head rather than looking through the sides of the lenses will allow you to experience distance viewing optimally. Avoid viewing through the outer periphery of the lens as this may cause you to experience "wavy," less efficient vision.

For middle-range tasks, such as computers, store shelves, or the dashboard of the car simply lower your eyes slightly into the middle center of the lens. For reading hold your material down close to your body and look through the lower portion of the lenses. For walking look straight ahead. If you need to see the ground simply lower your chin to utilize the upper portion of the lens.

It is rare to fully adjust to progressive lenses on day one or two. As in everything else, adjustment varies per individual, however, with practice, and with patience, you will experience the many benefits of progressive multifocals.

ANTI-REFLECTION LENSES REQUIRE SPECIAL CARE

For optimum performance, apply a special commercial lens cleaner, specifically designed for anti-reflection lenses to both sides of each lens surface. Do not use window cleaning products, such as, Windex. Dry each lens gently with a soft (non-coated) tissue or a soft cotton cloth. For trouble free daytime maintenance, we have provided a special cleaning cloth to remove fingerprints and smudges. These AR cleaning cloths may be washed periodically but without fabric softener.