



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Portland Health Care System

EYE CLINIC

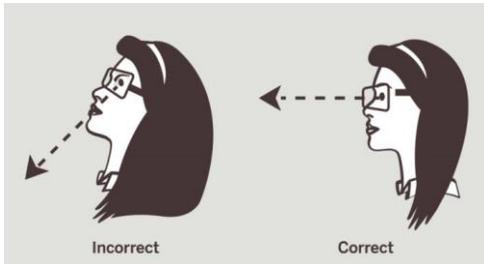
How to Adapt to Your New Multifocal Lenses

Wear your glasses all the time



To adjust quickly to wearing multifocal glasses you'll need to wear them all the time. If you'd rather adjust slowly, especially if you've never worn any kind of corrective lens before, just wear them when you need them. But keep in mind it will take much longer for your eyes to adapt. If you wear them continually, without switching back to old glasses at any time, you'll likely adjust to wearing your bifocals or multifocals within a week or two.

Don't Look down through the bottom of the lenses while walking



Looking through the bottom part of your bifocal glasses while you walk may make your feet look out of focus. Walking downstairs can be particularly difficult because the lower part of your bifocals makes everything appear larger and it may look like the stairs are in a different place than where they are. If you really need to look down while you walk, remember to tilt your head down and look over the top of the bifocal portion of your glasses.

You may need to change how you read using your bifocals



Hold your book or other reading material below your face and about 16 to 18 inches away from your eyes. Look through the bottom portion of your multifocal glasses as you read. And you'll have to train yourself not to make big movements with your head while you read. Instead, move the material you're reading to see clearly.

Make sure your glasses are adjusted



Without a proper fit, you'll have a more difficult time adapting to your new progressive or bifocal glasses. If the glasses are painful in any way, have your optician adjust them.

Please use secure messaging or call the Eye Clinic at **(503) 721-7890** (option 3 for the optical shop) with any questions or problems. Hours are Monday through Friday, 8:00AM to 4:00PM.