



Eyeglass Care & Adaptation Techniques

SECTION 1: Take Care of Your New Glasses

Follow these helpful tips to prolong the life of your glasses:

- *Always keep your glasses in the case when they aren't on your face.
- *Never lay your lenses directly on any abrasive surface that could cause scratches.
- *Use two hands when putting on or removing glasses to avoid loosening screws or weakening joints.
- *Do not let others "try on" your glasses which could stretch them and cause improper fitting.
- *Clean your glasses with an approved liquid lens cleaner and microfiber or chamois cloth. Avoid using clothing, tissues or paper towels on your lenses, which can scratch them or strip the coatings. Never wipe lenses when they are completely dry.
- *For deep cleaning, immerse the frames into an ultrasonic cleaner with diluted lens cleaner to remove build-up around the nose pads and temples and scrub gently with small brush / toothbrush.
- *Wash and dry your lens cloth regularly with laundry detergent and do not use fabric softener, which can cause streaking of the lenses.
- *Do not expose your glasses to extreme temperatures.
- *Do not wear your glasses when applying hairspray.
- *Keep glasses out of reach of pets and babies.
- *Have your glasses adjusted periodically to maintain a good fit and alignment. This keeps vision sharp and minimizes distortion.
- *If your glasses break, don't attempt to repair them yourself. Bring them to us and we'll repair them properly.

SECTION 2: Give Yourself Time to Adjust

Getting accustomed to glasses for the first time, or to an updated prescription, takes some time and patience.

Your nose and ears will need time to adjust to the weight of the frame. Proper frame adjustment by our Optical Team will help. There are also Eyeglass Retainers and other accessories that may help distribute the weight and ease discomfort. If your frame is rubbing uncomfortably on your nose, temples, or ears, please come back to us for adjustments.

Your eyes will adjust better to your new RX if you will put your glasses on first thing after waking up. Your eyes are tired and strained by the end of the day and may have more difficulty at that time, so please start when they have been resting overnight.

You may find that it would be helpful to gradually increase wear time each day - such as starting with 3 hours the first day, increasing to 5 hours the next day, and so on until you feel comfortable wearing them all day.

You may find that it is easier to adjust to them if you wear them while sitting still, and gradually start to increase activities like walking, stairs, sports, driving, etc. Hold the railing on stairs and avoid climbing ladders / scaffolding, etc. until you have fully adjusted to your glasses.

During the first few weeks, you may feel a little dizzy or disoriented, or your vision may look distorted. This is

normal, and may be especially apparent if you have astigmatism, a high Rx, unequal eyes or a bifocal. After you are able to work up to all-day wear, you should give it about 3 weeks to stabilize. Remember, your eyes and brain have gotten accustomed to many years of distorted vision. They have been compensating all this time. Now, they have to readjust to the "new" vision and this takes time. Some patients may adjust at a faster rate than others, and this is also normal.

For bifocal or progressive (no-line bifocal) wearers: it is normal to initially feel the ground is tilting up in front of you as you walk. Be extra cautious navigating around obstacles on the ground as you are adjusting. When you drive or watch TV, you need to have your head in a straight position, as leaning back will cause blurred vision far away when you look through the bottom of your lenses. While driving, when you check over your shoulder in your "blind spot," make sure to keep your chin down so you are looking through the top of the lenses. For reading, keep your chin up and drop your eyes down to use the bottom of the lenses. Computer screens should be below your eye level to enable looking through the bottom of the lens for proper magnification. If you do not have the option to adjust your monitor, you may need a separate pair of glasses made for monitor viewing at different heights. Talk to your doctor about this.

You need to take good care of your glasses, and avoid falling to sleep in them. Don't lay them where pets or small children may get them. Never lay them face-down on surfaces that could scratch them. Clean them only with approved lens cloths and cleaners. Do not expose them to extreme temperatures or harsh chemicals, such as used in a swimming pool. Placing them on the top of your head or letting others try them on may cause stretching and poor fitting. Do not hang them on your shirt, or put them in a purse or pocket without a case. In general, if they are not on your face, keep them in a case. We recommend a hard case that does not allow them to be crushed, scratched, or dropped.

With time and patience, we hope you will enjoy your new glasses! => If you have employed all of the above recommendations and are still having problems that aren't improving after 3 weeks, please come back to see us. Various medical conditions may cause fluctuations in your prescription, or especially difficult adaptation. Please first check with our optical department to see if adjustments to the frames can be made to improve visual performance. If adjustments do not help, we recommend scheduling a medical evaluation with the doctor.

Please Rate the Information You Received

	☐ Very helpful - all questions are answered ☐ Somewhat helpful - I still have questions ☐ Not helpful – none of my questions were answered
Comments / Questions / Typos:	

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