

NEW TO PROGRESSIVE LENSES?



A few simple tips to help you adjust

Progressive lenses let you see far away, at intermediate distances, and up close through one pair of glasses. Because the prescription changes gradually throughout the lens, they can feel a little different at first.



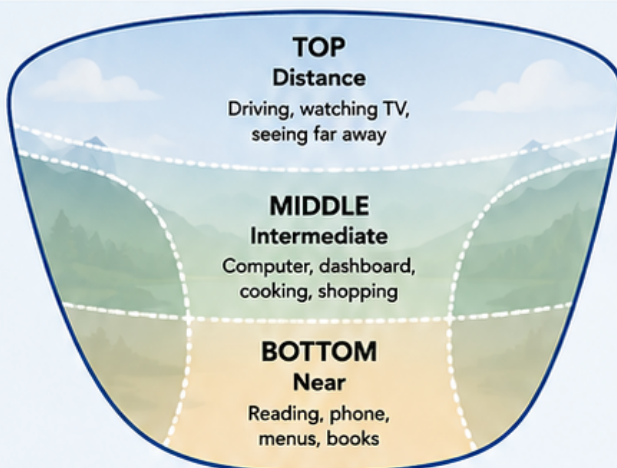
Don't worry—adjusting takes time.

Most people become more comfortable with regular wear and a little practice.

WHAT TO EXPECT

At first, you may notice:

- Slight blur or distortion when looking through the sides
- That you need to move your head more than you're used to
- Difficulty finding the clearest area for reading or computer work
- A slight "swim" or movement when you turn your head



These sensations usually become less noticeable as your brain learns how to use your new lenses.

5 TIPS FOR SUCCESS

1



WEAR THEM CONSISTENTLY

The more you wear your new glasses, the faster your brain can adjust. Try not to switch back and forth between your old and new glasses.

2



MOVE YOUR HEAD

Instead of looking at something with just your eyes, turn your head toward it.

A good rule:
Point your nose at what you want to see.

3



Small movements of your head can help you find the clearest area.

4



TAKE CARE ON STAIRS

Looking down can put you into the reading portion of the lens. Until you're comfortable, slow down, use the handrail, and look through the upper part of the lens.

5



GIVE IT TIME

Some people adjust quickly; others need several days or even a couple of weeks. Practice with everyday activities like watching TV, reading, walking around the house, and using your phone.



HAVING TROUBLE?

If you continue to experience significant blur, headaches, dizziness, or discomfort after giving yourself time to adjust, **contact your eye doctor**.

They can check the fit and positioning of your glasses and make sure everything is working properly.



REMEMBER
WEAR THEM
MOVE YOUR HEAD
FIND YOUR ZONE
GIVE IT TIME



Your new lenses may feel different at first—but with regular wear and a little practice, using them should become second nature.

Thank you for your trust!

