

Adapting to Bifocals



Bifocals are a handy way to have clear vision for both distance and reading in one pair of eyeglasses.

There are a few hints that are helpful in getting used to these new glasses.

1. When you receive your new glasses, make sure they are adjusted on your face.
 - Do not drive home while wearing them.
 - Wear your new glasses at home and in familiar areas for about one week
 - After one week (or more), then you can wear them elsewhere.
2. The line will be the hardest to adapt to.
 - Look above or below the line, **never through it**.
 - Move your eyes up and down to look around the line.
 - Move your head and bend your neck as little as possible.
3. **When stepping off curbs and walking on stairs**, you must bend your head down and look **over** the line. If you don't, your feet will be blurred and you may trip.
4. **Practice** with your new glasses.
 - Sit and watch a TV program while looking **OVER** the line.
 - Switch to a book in your lap and look **UNDER** the line to read.
5. Bifocals are like new shoes.
 - Just as you break in shoes over days and weeks, so it is with new glasses.
 - Give yourself time to adapt to them.
 - Make it easy for yourself while you get use to your new glasses.
 - Wear them at home and in non-stressful situations.

Please call the VA Northwest Network Call Center at 1-888-233-8305 with any problems or questions. They are available 7 days a week, 24 hours a day. They can advise you and can contact the eye doctor on-call for emergencies