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Bifocal/Multifocal: Guide for Use

REMEMBER

1. The top of the lens is for DISTANCE viewing only viz, walking, driving, T.V, cinema and sport viewing.

2. The bottom portion is for CLOSE viewing viz, reading, writing, phones, tablets, desk, work- table activities, and hand tools.

3. The mid section applies to Multifocals. There is no middle distance in a Bifocal.

4. Full adjustment to Bifocal/Multifocals wear takes place when moving around with them viz, walking, gardening, etc. Depending on your ability to adjust, this varies in time, from a few hours to two weeks.

REGULATIONS WHEN WEARING BI or MultiFOCALS FOR THE FIRST TIME.

1. To see **far**, simply look straight ahead. Any awareness of the dividing line/s on the lens fades away as the body begins to move around.

2. To see **near**, don't lower the head, lower the eyes. Head movements will then follow naturally.

3. To see **mid-range**, such as laptops, multifocals have a mid-spot

4. Lift the spectacle frame, or the chin, an inch, to read wall charts, time-tables, shopping shelves etc. that are vertically placed above the usual plane of the eyes.

5. Newspapers should be folded into four columns. Later this won't be necessary.The viewing posture adjusts .

6. Because a straight back is the best posture for bifocals/multifocals, sitting upright is required. It's more tricky lying down.

6. Never look at steps or curbs as the foot takes them, as the bottom half of the lens blurs these. If you have to, then either remove the spectacles, or lower them to the tip of your nose.

7. Multifocal/No-Line: have the added advantage of ALL close viewing areas, e.g. Computers, device screens,keyboards. music stands, art easels & desk areas. The disadvantage to Multificals/NoLine is that these close areas are narrow. Head movement from side-to-side is limited. One's posture adjusts quickly however to this narrow view.