



Progressive Lens Types

Progressive lenses are “no-line bifocals” that offer a more youthful appearance than lined bifocals and are more functional. The lenses contain no visible line and progressively increase in strength as you move your eyes down the lenses.

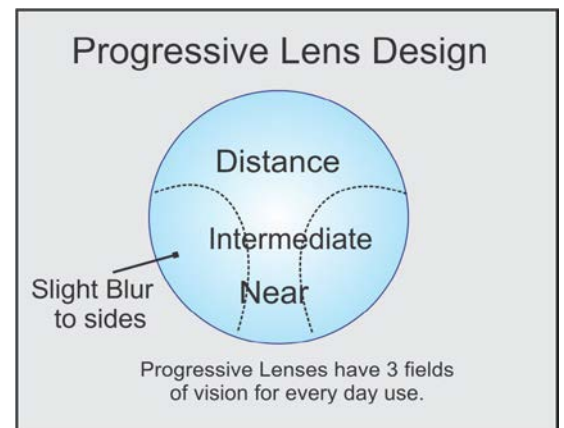
All progressive lenses are not the same. They differ in price, depending on brand, size and function.

Progressive lenses must fit precisely. Even with a perfect fit, however, many people have trouble adjusting to progressive lenses.

1 Standard Progressive Lenses

If you are looking for an alternative to bifocals or trifocals, standard progressive lenses offer the "no-line" option as well as the gradual shift in vision design. The middle/intermediate zone is very small in this design. This lens is not ideal for heavy computer users.

Standard progressives are affordably priced. However, the clear viewing zone is narrow and this is the most difficult design to adapt to comfortably. Be careful not to choose a small frame for this lens. A tall lens is needed to maximize the best viewing areas.



2 Premium Progressive Lenses

Premium progressive lenses are often referred to as "High Definition (HD)" or "wave-front technology." Premium progressive lenses provide a much wider, distortion-free reading area.

Vision is often clearer, as these lenses are usually 100% digitally surfaced. This customizes the prescription for you as well as the frame you desire. The lens is totally customized so that all ranges of power fit nicely into any frame. As expected, these lenses are more expensive than standard or entry level progressive lenses.

Which lens is best for you? If you adapt easily to new glasses and have a history of minimal difficulty switching between glasses (even switching from a current pair to an older pair of glasses) then you might do fine in a conventional progressive. If cost is your number one concern, choose a lined bifocal or a conventional progressive.

If you have difficulty adapting to change and need the best vision possible, digital will offer superior vision and a smoother adjustment.



CONVENTIONAL
OK... 25 YEARS AGO



DIGITALLY SURFACED
BETTER RETAIL CHAINS

ADJUSTING TO PROGRESSIVES

MY EXPERIENCE: When I first tried progressives, I felt dizzy and had blurry vision sometimes. I noticed when I looked far away my vision was blurred, **THEN** I tilted my head down a bit and my vision cleared. I guess I walk around with my nose pointed up! So I adjusted my head and began seeing clearer. However, throughout the day as I looked from the computer to my charts and over to a patient, my vision was sometimes blurred. I had to remember to turn my head more and point my nose toward the object I wanted to see. Then I had to adjust my head up or down until things came in to focus. As an optometrist I thought I knew what to expect. But until you experience it for yourself it isn't the same. And everyone struggles walking up stairs for the first time in progressives. **Fortunately after a few days this began to improve for me.**

Here are a few helpful tips for wearing new bifocals or progressives:

1. **Be Patient** – it can take several days to adjust to a new prescription. Remember you “see” with your brain, not your eyes. Vision occurs by the eyes changing light into electrical impulses, then sending them to the brain for interpretation. When the vision system is changed, for example with a new glasses prescription, the brain may need to recalibrate.
2. **Adjust Your Head Position-** Move your head up and down while keeping your eyes focused on something. You will notice the image become clearer and blurrier. Practice looking through the "sweet spot" that makes things clearest at different distances from you. This takes practice at first. But over time your muscle memory kicks in and your eyes know where to look automatically.
3. **Look straight ahead** to see clearly far away (driving, TV, across the room)
4. **Look through the bottom** of the lenses to see clearly up close (computers, iPads, cell phones, reading)
5. **Turn your head and point your nose where you want to look** – the optics in bifocals are vertically aligned so turning your head to face the computer will improve your vision.
6. **Wear your glasses all day every day-** even if you plan to wear them part-time, the first week has to be worn full time if you ever want to adapt. It takes practice. Don't take them off and DON'T put your old glasses on UNLESS you are not safe to drive in them. Once you are adapted, then you can consider part-time wear IF we discussed this was an option.

If you keep these tips in mind you should adjust to your new glasses just fine. If you are still having trouble after a week you should schedule a follow-up. Often just a minor frame adjustment will solve the problem.

There are several variables involved in a progressive lens. If just one thing isn't right, you may not be able to adapt.

- Lens design (type of progressive)
- Frame size and shape
- Optical Centers (clearest part of the lens in front of the center of your eye)
- Height of the progressive (if the bifocal is set too high or too low you may struggle more)
- Prescription (if I catch you on a bad vision day due to eye fatigue, dry eyes, blood sugar levels high/low, or simply a miscommunication on where you prefer to hold your reading material)

DON'T hesitate to let me know if you are struggling after a week. I don't charge for a "glasses check" and we can make changes in your glasses during the first month after your purchase. But I will want to hear that you've worn them for a week, practiced the tips listed above, AND I need you to wear your glasses in to your appointment to "check your glasses" for best results.

Fortunately very few patients return with complaints about their progressives. But often when they do, it is because of confusion on how to adapt or because they purchased the wrong frame/lens design for their needs.

(I won't go into my opinion about INTERNET purchases for glasses here, but I will say- progressives are too detailed to be ordered without a skilled optician fitting them for you.)

Last tip: Progressives are designed to give you variable focusing. However, they can't promise perfect vision for every life situation. Often patients need a second pair of glasses for a specific task. Let me know if you need any of the following: COMPUTER GLASSES, MOTORCYCLE or DRIVING GLASSES, SHOOTING GLASSES, EXTENSIVE READING GLASSES, or any other task specific glasses. **HAPPY PROGRESSIVE ADAPTING!!**