

PROGRESSIVE LENSES

Progressive lenses allow you to have **clear continuous vision at all distances** without the blurred line of bifocals. The lenses gradually change power as you look from distance to intermediate to near-range objects.

Distance vision is located at the top of the lens. The reading portion of the lens is at the bottom. Intermediate vision, which you may use for computer work, is in between.



All you need to do is tilt your head up or down slightly or move your eye position to look through the portion of the lens you need. Soon these movements become second nature to you.

Getting used to progressive lenses take a short adjustment period, whether you have had single vision or conventional bifocals in the past.

There are a few things to remember when wearing progressives:

Vision is clearest when you are viewing an object straight on. Remember to point your nose at whatever you want to see. Glancing out of the corner of your eye will not be as clear. It is best to turn your head directly to what you want to see.

Make sure your progressive lens eyewear is fitting properly. Please make arrangements for an adjustment if they are not. You may not be looking through the proper part of the lens.

Vision Information provided by
Primary Eye Care Centre