



## Checklist

# MULTIFOCALS

Multifocal problems are among the most common issues with new glasses. Many people struggle to adjust, especially with their first pair. Use this checklist to maximise your chances of success with progressive lenses.

### Before getting your multifocals:

- ☐ Choose the right frame shape
- ☐ Discuss your unique vision needs
- ☐ Ensure proper frame fitting
- ☐ Communicate your wearing preferences
- ☐ Consider timing for your first pair

### After receiving your multifocals:

- ☐ Set realistic expectations
- ☐ Understand occupational limitations
- ☐ Know when to seek further advice

# CHECKLIST EXPLAINED

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Understanding these essential steps will help you achieve the best possible outcome with your new multifocal lenses and avoid common adjustment problems.

## Choose the right frame shape

Some frames suit multifocal lenses better than others. Progressive lenses need space for at least two (often three) different vision zones – distance, intermediate, and near. Very shallow frames may look stylish but lack sufficient space for clear vision at all distances.

**Why this matters:** Without adequate lens height, you may struggle to access all vision zones effectively.

## Discuss your unique vision needs

Not all multifocal lenses are identical. Computer-specific designs have intermediate and near zones but no clear distance vision. Your optometrist needs to understand

whether you use a desktop, laptop, or tablet, plus the distance and height of your screens.

**Why this matters:** The wrong lens design will create ongoing frustration and limit your visual performance.

## Ensure proper frame fitting

Multifocals only work when correctly positioned in front of your eyes. Each lens section focuses at different distances, creating "sweet spots" for reading, computer work, and distance vision. Even minor adjustments to nose pads or frame sides can significantly impact lens positioning.

**Why this matters:** Poor positioning prevents you from accessing the correct vision zones for each task.

## Communicate your wearing preferences

Before measurements are taken, put the frames on yourself in your preferred position. Some people like them pushed up firmly on the nose bridge and tight behind the ears; others prefer them sitting lower and looser. Discuss your reading habits – do you read in bed, sitting up, or lying down?

**Why this matters:** Your natural wearing style affects lens design and measurement requirements.

## Consider timing for your first pair

Getting multifocals in your mid-40s is generally easier than waiting until your mid-50s. The power difference between distance and near zones is minimal in your 40s, making adjustment simpler.

Once you're an established wearer, avoid leaving long gaps between prescription updates, especially between ages 45-55 when changes are most rapid.

**Why this matters:** Smaller prescription changes mean easier adaptation to new glasses.

## Set realistic expectations

Put your old glasses away completely when you collect your new multifocals. Switching between old and new glasses slows the neural adjustment process.

When walking downstairs initially, bring your chin down towards your chest to look through the distance zone rather than the reading area.

**Why this matters:** Your brain needs consistent input from the new lenses to adapt successfully.

## Understand occupational limitations

Multifocals only provide clear near vision when looking downward. This works well for reading papers or using laptops but creates problems for trades like plumbing or mechanics, where you need to see close-up

while looking in other directions. Consider single vision reading glasses or multifocal contact lenses as alternatives for specific tasks.

**Why this matters:** Some occupations require visual flexibility that standard multifocal glasses cannot provide.

## Know when to seek further advice

If you're still struggling after two weeks of full-time wear, return to your optometrist. Part-time wearers may need up to a month for complete adjustment.

**Why this matters:** Persistent problems may indicate measurement errors or the need for alternative solutions. Taking action

## MAKING YOUR DECISION

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Remember that successful multifocal adaptation requires the right lens design, accurate measurements, proper fitting, and realistic expectations. The investment in getting these factors right will dramatically improve your visual comfort and quality of life.

**Need expert multifocal care?**

**Make an appointment 02 9290 1899 for an appointment, book online at [theeyeppractice.com.au](https://theeyeppractice.com.au)**