

## **USING AND CARING FOR YOUR PRESCRIPTION EYEGLASSES**

If you are getting eyeglasses for the first time or changing your prescription, allow 2 to 3 weeks for your eyes to adjust to the new lenses. In the beginning, you could experience mild dizziness, headaches, or even slight nausea. When you move your head, the wall may seem to move. The floor may look closer or farther away than it usually does. These symptoms are normal. Seattle/King County Clinic is not able to remake glasses.

### **Caring for Glasses**

- Keep your glasses in the case when you are not wearing them
- Put glasses on and take glasses off with both hands
- Clean glasses with soap and water
- Dry glasses with a soft cloth
- Have a local optical shop adjust your glasses for you if necessary (usually done at no charge)

### **Reading Glasses**

- Wear only when doing near vision work (reading, sewing, writing, etc.)

### **Bifocal Glasses**

- Wear your glasses all the time to learn how to use the new lenses
- With glasses on, look straight ahead for distance vision
- With glasses on, keep your head straight and drop your eyes to use the reading area of the lenses
- When looking at floor or going down stairs, put your chin to your chest to use the distance area of the lenses