

## **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. The floor may look closer or farther away than it usually does. These symptoms are not unusual. Seattle/King County Clinic is not able to remake glasses.

### **Caring for Glasses**

- Keep 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, and rinse well
- 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 (for close only)**

- Wear only when doing near vision work (reading, sewing, writing, etc.)
- Not advised for walking around

### **Bifocal Glasses (distance and close vision)**

- Wear your glasses all the time to learn how to use the new lenses
- With glasses on, look straight ahead for distance vision
- With your glasses on, avoid tilting your head down. Instead, move only your eyes downward to look through the reading area of the lenses
- For distance, when you look down at the floor or walk down stairs, tuck your chin slightly toward your chest so you're looking through the distance area of the lenses