

Monovision Wearing Instructions

You should be aware that as with any type of lens correction, there are disadvantages as well as compromises with monovision contact lens therapy. Monovision contact lenses provide distance and near vision simultaneously by correcting one eye for distance and the other eye for near. The benefit of monovision is clear near vision in straight ahead and upgaze but may at times be accompanied by a slight reduction in your visual acuity and depth perception (stereopsis) for distance and/or near tasks. During adaptation, you may experience little or no visual changes, or you may experience a sensation of mild blurred vision or a sense of slight imbalance that may last from as little as a few minutes to several weeks. Typically, these symptoms are mild, short lasting, and improve rapidly over time. If they do not, this may be an indication that you are not a candidate for monovision. However, your practitioner will want to monitor your progress during this adaptative period, and may make some changes in the balance of lens powers if your symptoms so indicate.

You should avoid visually demanding situations during the initial adaptation period, and wear your lenses initially in familiar situations. For example, it might be better to be a passenger rather than a driver of an automobile during the first few days of lens wear. While most patients adapt well to monovision, you may want to discuss with your eye care practitioner having either a third contact lens to "substitute" for the reading lens or a supplemental spectacle to wear over the monovision correction, so that both eyes are corrected for distance when sharp binocular vision is required. We recommend that you wear a supplemental or alternative vision correction during all hazardous activities.

You may require greater magnification for detailed or prolonged near work, and may want to have either an additional reading contact lens or supplemental spectacle correction for sharper binocular vision. Alternatives to monovision therapy include distance contact lenses and reading glasses, or bifocal contact lenses. Feel free to discuss these options with your eye care practitioner during your follow-up appointments.

Professional follow-up care is the most important element in successful long-term contact lens wear. As with other contact lenses, you should have a thorough eye/contact lens examination annually or more frequently if advised to do so. It is important for the health of your eyes and your vision that you follow carefully the schedule recommended by your eye care practitioner for wearing, cleaning, disinfecting and evaluating your lenses.

It is also important that you follow your doctor's suggestions for adaptation to monovision contact lens direction. The decision to be fit with monovision correction is most appropriately left to the eye care practitioner in conjunction with you, after carefully considering and discussing your needs.