

Key community eye health messages

When dispensing spectacles:



- Inform patients that initial discomfort with new spectacles is normal and expected.
- Explain that peripheral blurring due to the frame is common but will become less noticeable over time.
- Reassure patients that they will quickly adapt to issues with depth perception as their eyes adjust to the new lenses.
- Emphasise the importance of patience and adaptation, ensuring patients understand that initial challenges will subside with continued use.

To store your spectacles:

- Always store your spectacles in a hard-shell case for added protection.
- Place spectacles on a microfiber cloth with the arms facing up (see Figure 1)
- Avoid direct sunlight and extreme temperatures.
- If you need to place the spectacles on a surface without the storage case, set the frames with the arms down and lenses up to avoid scratches (see Figure 2).

Figure 1



Figure 2



Options for patients needing correction for both distance and near vision:

- **Two Pairs of Glasses:** One for close-up work and another for seeing far away
- **Bifocal or Progressive Lenses:** These combine multiple optical strengths in one lens for various viewing distances. Bifocals have a noticeable line between the powers, while progressives change power smoothly without any visible lines.