**Tarantino Eye Center**

**410-590-9260**

**Instructions for the monovision wearer (spherical or toric)**

-You should be aware that as with any type of lens correction, there are advantages and compromises to monovision contact lens therapy. The benefit of clear near vision in straight ahead and upward gaze that is available with monovision may be accompanied by a vision compromise that may reduce your distance visual acuity and depth perception for distance and near tasks. Some patients have experienced difficulty adapting to it. Symptoms such as mild blurred vision or a feeling of slight imbalance. Rarely dizziness or headaches may occur. These symptoms may last for a few minutes to days, or longer. The longer these symptoms persist, the poorer the prognosis for successful adaptation. During the adaptation period it is recommended that you wear these contact lenses only in familiar situations which are not visually demanding. For example, you should avoid driving until you are comfortable that your eyes have adjusted.

-Some patients will never be fully comfortable functioning in low light, such as driving at night. If this happens, we can discuss prescribing additional contact lenses so that both eyes are corrected optimally for distance when sharp distance vision is required.

-If you require very sharp near vision during prolonged close work, you may want to have additional lenses prescribed so that both eyes are corrected for near when sharp near binocular vision is required.

-Some monovision patients require supplemental spectacles to wear over the monovision contact lens correction to provide the clearest vision for critical tasks.

Instructions are adapted from the Ciba Vision patient instruction booklet.