**Instructions for the presbyopic patient (multifocal or monovision)**

Two common methods of using contact lenses for presbyopic vision correction include multifocal or bifocal lenses, and monovision. Like bifocal, trifocal, or progressive addition spectacles, multifocal contact lenses have separate powers for distance and near vision in each lens. This allows the wearer to use both eyes for seeing at all distances. Monovision correction entails the use of a contact lens with a distant powered lens being worn on one eye and a near powered lens on the other eye.

As with any type of vision correction, there are advantages and compromises with multifocal or monovision correction. The benefit of clear near vision in straight ahead and upward gaze that is available may be accompanied by reduced vision at certain distances or under certain lighting conditions. Some individuals, particularly those wearing monovision lenses may experience reduced depth perception. Some patients experience difficulty adapting to this. Symptoms such as mild blurring, dizziness, headaches and a feeling of slight imbalance, may last briefly or for several weeks as adaptation takes place. The longer these symptoms persist, the poorer your 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 perform prolonged close work requiring very sharp near vision you may need to wear glasses over your lenses or have additional lenses prescribed specifically for this task.

Instructions adapted from Ciba Vision Patient Instruction booklet.