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Using your Strong Reading Glasses

- Glasses should be used for near, stationary activities only
- Use the best possible lighting and avoid glare
- Hold the print close enough to bring it into focus. The stronger the glasses, the closer you will have to hold the print to the nose. Try holding the print at the tip of the nose and slowly move the print away from the nose to achieve the best possible focus point.
- Try moving the print and not your head to avoid dizziness
- Reading may be tiring at first. Start with large print and read only a few minutes at a time. Gradually decrease print size and increase reading time.
- Clean your glasses with a mild soap (non-alcohol) and water, and dry with a soft clean cloth (no Kleenex)
- If you have any questions, call our office at **719-471-3200.**

Remember: Patience & Practice