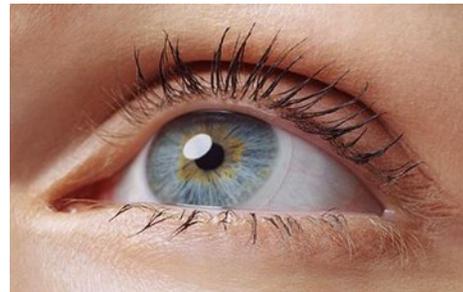
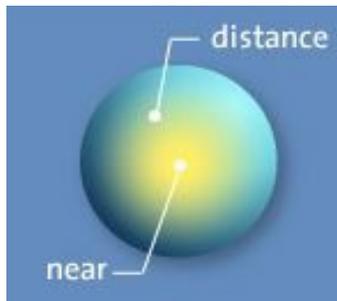


SAN ANSELMO OPTOMETRY

Multifocal Soft Contact Lenses

Whether you have worn contact lenses or not multifocal soft lenses can give you the freedom to see up close without always requiring glasses. Multifocal contacts work in a very different way than bifocal or progressive no line glasses. With glasses, you have 2 distinct areas your eye rotates to view either distance or near. However, with soft multifocal contacts, both the distance AND the near are located together within the small area of the pupil (the black hole in the center of your colored iris).

See below a diagram of a typical multifocal contact lens design.



Some multifocal contacts have the near in the center like above with the distance around the periphery. Other designs have the distance in the center and the near around the periphery.

Fitting multifocal contacts is not as straightforward as with standard contact lenses. There is an adaptation time for your brain to adjust to the new environment. Fitting these lenses requires multiple visits to our office for evaluation after you have ample time to go through the adjustment period.

At that time, I can reevaluate the lenses and often make the next improvement. Patience on your part is needed if together we are to get the optimal lens power and fit. This generally requires from 4 to 8 visits depending on whether we need to change brands or make large prescription changes.

Multifocal contacts may lower some distance 'crispness' but often only to a minor extent. The excitement and increase in near vision usually more than compensates should distance vision be a little less than glasses or your previous non-multifocal contacts when your near vision was blurred.

Very small changes in power - often just 1 small step of lens change - can often make the difference between success and poor performance for you. That is why multiple visits are necessary in order to let your eyes and brain adapt to see if other changes are helpful later.

That is also why the fees for multifocal soft lenses are considerably higher than standard single vision lenses – the time it takes to perfect your fit and vision is more than twice that of standard contact lens fitting.

Should you ever have a concern about scheduling or returning for visits, just let us know and we will work our best to find a convenient time for your follow-up visits. Enjoy.