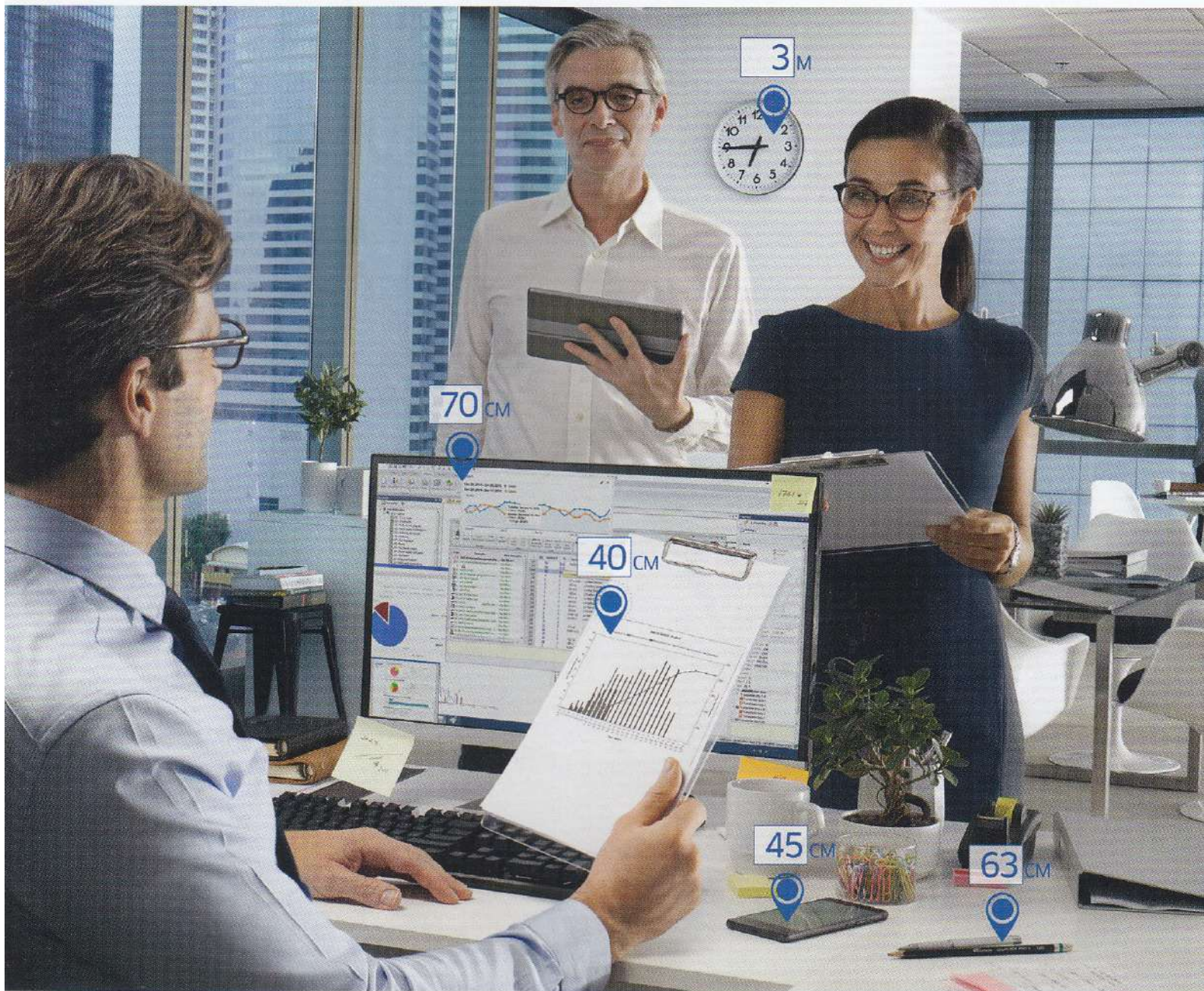


# Adapting to your Varilux lenses

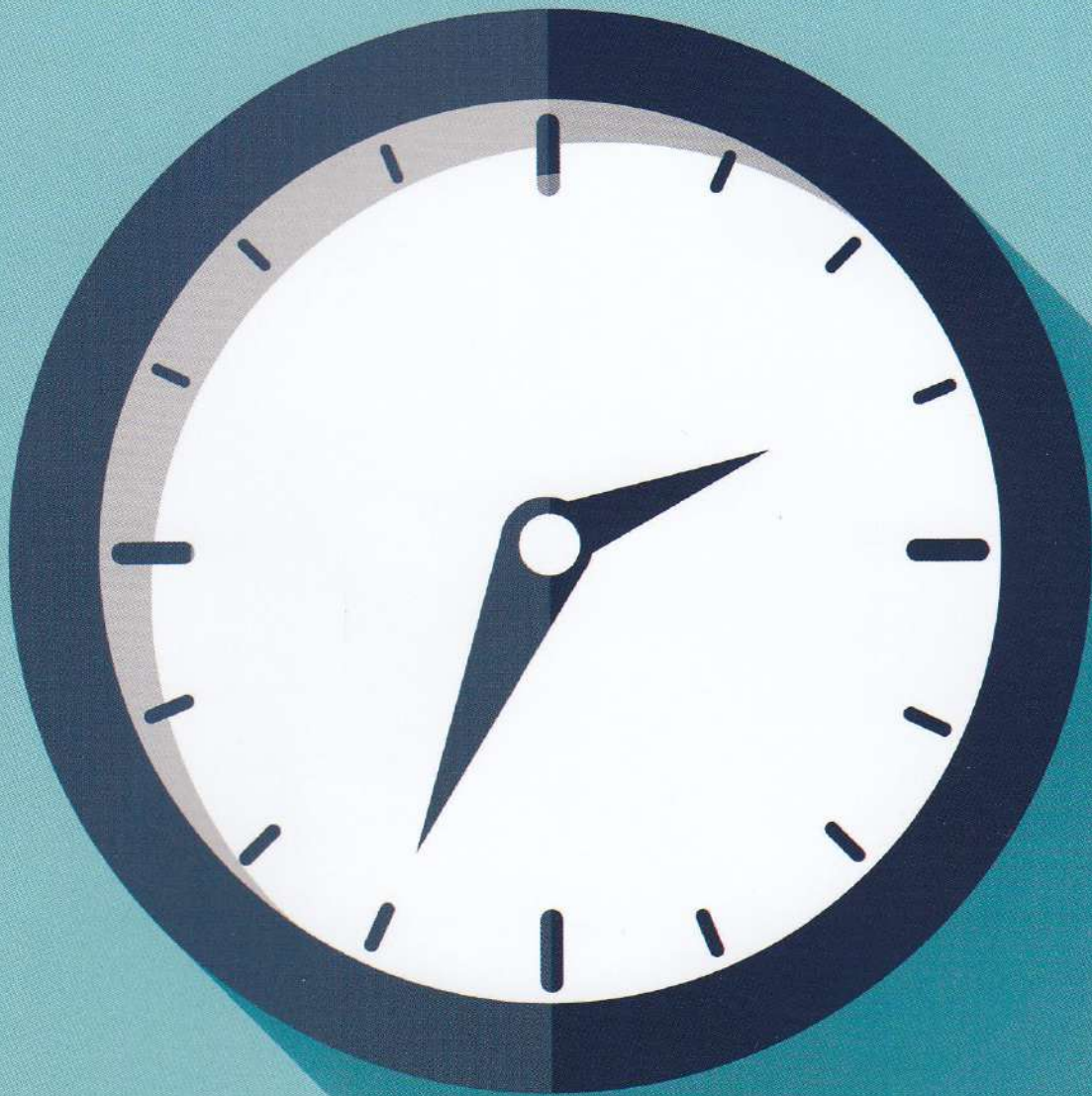
R. WOODFALL  
OPTICIANS OF LONDON



**VARILUX**<sup>®</sup>  
EMPOWER YOUR VISION



# How long will it take?



**Congratulations on choosing Varilux,  
the world's most popular varifocal lens.**

Most people adjust to Varilux very quickly. In some cases the period of adaptation will be just a few hours. Others may take several days and may take as long as two to three weeks to become completely comfortable.



## A smooth transition

To adjust you should stop wearing your old glasses immediately. Your new glasses should be worn high on the bridge of your nose and as close to your face as possible. Your optician will have made sure that your glasses are correctly fitted before you took them away. To look at an object turn your head, not just your eyes, towards it. Then move your head vertically until it comes into focus. You will soon be doing this automatically without even thinking about it.

## Let's try now

- 1** To read this leaflet you will be looking down through the lower part of the lens. You can read it clearly. If you look across the room, or even in the distance, you can also see clearly, but now you are looking through the higher part of the lens.
- 2** Now extend the leaflet away from you, keeping your eyes on the writing. Move your chin up and down and notice that you can read it at all distances as you use the middle area of the lens.
- 3** If you move the leaflet to the side without turning your head, you may see that the print is not as sharp. If you turn to point your nose at it and adjust your chin, you will see how the focus returns.

These movements are natural and very soon you will adapt to your Varilux lenses. If you have followed this advice and you are not comfortably adjusted to them in two to three weeks please return them to your optician. Varilux lenses are covered by a non-tolerance guarantee which lasts for 60 days from the date of collection.

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