



Special Olympics



Lions Clubs International



CONGRATULATIONS ON YOUR NEW PAIR OF GLASSES

It is important that you understand when to use your glasses and what they should be used for.

How often should I wear my new glasses?

You received regular glasses:

- You should wear them all day long.
- You should wear your glasses when you are looking at things that are far away such as TV, movies, driving. The glasses are to be removed for viewing things up close.
- You should wear your glasses for looking at close objects such as computer screens, books, papers while writing, or other activities within 1 meter or arm's length.

You received sports glasses:

- You need to wear them during sports training and competition for protection as well as helping you see better.

Special Considerations:

- You need to wear your glasses all the time for protection because you use only one eye for seeing.

If you received two pair of glasses,

- You should wear the regular glasses for any time you are not involved in sports activities and wear the sports goggles while participating in sports.

You have a large prescription.

- To make you comfortable with your new glasses the power of the glasses was reduced. You may not be seeing 20/20. When you are comfortable wearing your glasses (possibly after several months) you should see your eye care professional to find out if the prescription should be changed.

Thank you for participating in the vision screening. If you have any questions, please call (fill in clinical directors phone and email info) for additional information.