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## NEW GLASSES PRESCRIPTION HANDOUT

It typically takes two or three days for a person to adjust to new glasses, but sometimes it can take a week or more. New glasses need a bit of time before they feel like a natural accessory for your vision. Many people's eyes won't adjust right away.

Adapting to your new glasses takes time because your brain and eyes have to adjust to the changes. This can occur if there is a change in prescription (stronger or lower), astigmatism correction, a change in frame size, or you have gotten used to overcompensation for lower visual acuity

During the adjustment period, the brain and eyes are learning to work with your new prescription to give you clearer vision. If you're wearing glasses for the first time or there's been a significant change in your prescription, your eyes might take even longer (as in, a week plus) to adjust. You may also experience a longer adjustment period if you are trying out progressive bifocals for the first time.

If you are wearing prism glasses for the first time, or if your prism power has changed, it can take a bit longer for your brain and your eyes to adapt to the new alignment.

After putting on new eyeglasses, it's typical for many people to experience some mild disorientation or other side effects. Here's a list of common issues associated with getting used to new glasses:

- Difficulty focusing through your new prescription
- Mild visual distortions, such as a "fishbowl effect" that makes the edges of your field of vision slightly bent
- Eye strain
- Difficulties with depth perception
- Dizziness
- Nausea
- Headaches

You should wear your eyeglasses regularly to make the adjustment period more seamless. Being inconsistent makes it harder for your eyes to adjust to the prescription. So, try to wear glasses full time to speed up the adjustment process.

Adjusting to new glasses shouldn't take longer than a few weeks if you haven't had a large change in your prescription. If you continue to struggle with your glasses for much longer than that, it could be because of an error in the glasses when they were made. We're happy to check the prescription to determine the accuracy of the glasses prescription.