

Spectacle / Glasses Guide

Patients glasses should always be stored in a case if available when not being using, preferably labelled with the patients name to prevent their loss, and labelled as to whether they are reading / distance / combined glasses.

Types of glasses

Varifocal - lenses have more than two parts. The top part is for seeing things at a distance and this gradually increases in strength until the full reading prescription is reached near the bottom of the lens. There is no visible line on the glasses, but if you look through them you can see that the bottom of the lens magnifies print more than the top part.

Bifocal - a lens split into two parts. The top part is normally for distance and the bottom part (or segment) is for reading. A visible line separates the two parts.



Single vision glasses – where a patient has two separate pairs of glasses; one for distance and one for reading. The glasses that magnify print the most (make images look the largest) are the reading glasses.

Cleaning glasses

- Rinse lenses under running water
- Wash carefully with a mild soap, rubbing in a circular motion with your fingertips – being particularly careful if there is a protective lens coating
- Rinse off the soap using warm tap water
- Dry the glasses and frame gently using a soft lint-free cloth or towel

Basic repairs

Where possible repairs should be undertaken by a qualified optometry practice, to avoid spectacle damage. Where this is not possible, with the owners permission some basic repairs may be tried where necessary such as bending glasses back into shape, taping glasses together or replacing screws.

