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OPTOMETRISTS – CONTACT LENSES

Contact Lenses for Presbyopia

Presbyopia is a natural part of the aging process, caused by loss of elasticity in the eye's lens, which makes it difficult to focus on close objects requiring you to use reading spectacles. As an alternative to spectacles, contact lenses can also be used, either using specially designed Varifocal contact lenses, or by wearing 'Monovision'

Varifocal Contact Lenses

Varifocal contact lenses incorporate two powers; one corrects your distance vision and the other corrects your reading vision. Sometimes these powers are blended together or alternatively they can be separated. They are available as soft lenses or gas permeable lenses. You can also buy daily wear and extended wear varifocal lenses.

Monovision Contact Lenses

Monovision is an alternative to using varifocal contact lenses for presbyopia. With monovision you wear one contact lens in one eye to correct long vision and another contact lens in the other eye to correct short vision. The lens that corrects long vision tends to be worn in your dominant eye.

Although this might sound odd, most people adapt quickly to monovision contact lenses. After a while they forget that each eye helps them see in a different way.

Monovision Compared to Varifocal Contact Lenses for Presbyopia

The disadvantage of using monovision contact lenses to correct your presbyopia is that you cannot use your two eyes together. As a result, you might find that you have to move your head around more to see. You can also lose some depth perception.

On the other hand, monovision is a less expensive option than using varifocal contact lenses for presbyopia, and many different types of contact lenses are suitable for this.

The only way to find out which method of correction works for you is to try them out.