

Progressive Addition Lenses (PALS)

Progressives are spectacle lenses for presbyopes* that correct distance, intermediate, and near vision in one pair of glasses. They are commonly referred to as “no line bifocals,” but are actually multifocals which provide clear vision at all distances (no more off and on with your readers all day!). Cosmetically, the appearance of progressives is no different than your single vision lenses. In fact, with a premium anti-reflective coating (plus the option of blue light protection) you will see, look, and feel amazing!

We offer the highest quality lenses and prescribe lenses based on your lifestyle needs. The brands of lenses we fit are customized to your prescription and frame and are designed to maximize the field of view at all distances and to minimize undesirable effects such as peripheral distortions. We take careful measurements to correctly center your lenses. In our optical, we guarantee your success. If you do not adapt to PALS, we will refit you at no extra charge into single vision lenses within 60 days of your order. The performance with progressives can be “you get what you pay for.” We do not recommend ordering your PALS at discount or online opticals. Often these inexpensive products will cause a swim effect, creating blur, distortions, and eyestrain, and they often have narrower ranges of vision overall. We want the very best visual experience for you. When we are involved in your frame selection, fitting measurements, and design choices, we can be sure you’ll have a successful outcome with your new lenses.

With your first pair of progressives, it may take time to train your eyes and brain to a different visual concept. Some people adapt almost instantly, while for others the process of adaptation can take a few days or weeks.

Tips for Adapting to Progressive Lenses

- Wear your new glasses full-time (except for night driving, until you adapt). Generally, we recommend that you avoid going back and forth between your new and old glasses as you adjust to progressives and your new prescription.
- For distance objects: The distance power is straight ahead. Point your nose to the object you want to look at. If you move your eyes without moving your head, you will be looking through the side area of the lenses and your vision may be blurry. Remember that the clear vision is along the central vertical corridor in the middle of the lens so slight head movements may be necessary. After a short time, the conscientious effect to point your nose to the target will be automatic.
- For intermediate (computer or arm’s length) objects: The intermediate power is midway down the lens. Keep your head straight and look down slightly to reach this area. You should be seated so that your head is higher than your computer monitor so that you only have to move your eyes (remember, if you are straight ahead of your monitor, you will have to tip your head back to reach this area and this is not ideal).
- For near objects: The near power is in the bottom area of the lens. Keep your head straight and look down through the bottom portion of the lenses by moving your eyes only.
- During the adjustment period, some people experience eyestrain, headache, and dizziness. If these symptoms occur, remove your glasses until the symptoms subside. Try again the next day. If you feel uncomfortable after wearing the progressives full time for 2-4 weeks, call the office. Let our optician know your concerns, and she will discuss your options. In most cases, a simple frame adjustment will solve the problem.

*Presbyopia is a normal age related change in focusing ability that occurs due to loss of elasticity of the natural crystalline lens of the eye. It begins in your early to mid 40’s and causes blurred vision at near, eyestrain, and difficulty seeing small objects up close.

- Be sure to use both hands to put on and remove your glasses to avoid bending the frame and misaligning the lenses. Schedule a visit for a frame adjustment when needed. Proper centration is important for clear and comfortable vision with progressive lenses.