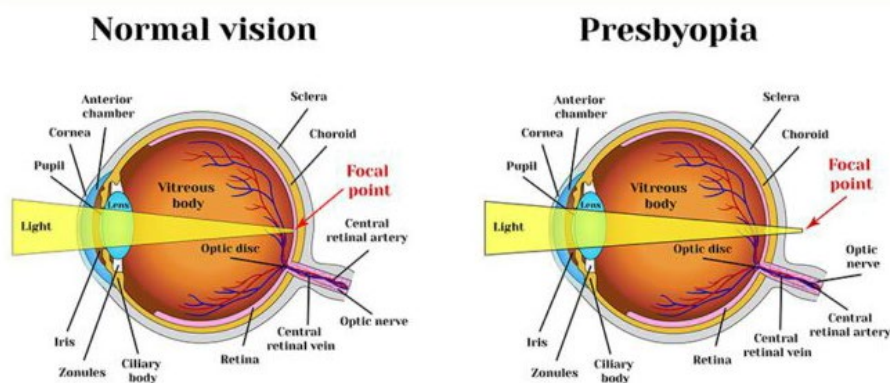


Monovision

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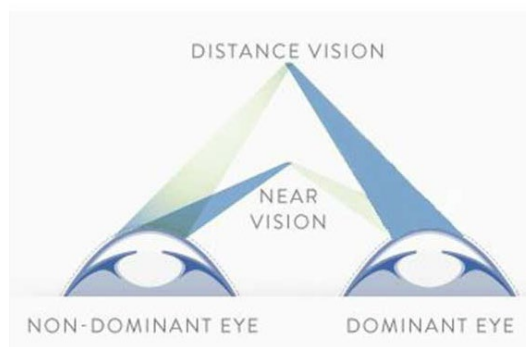
What is Monovision?

Monovision or blended vision is when a patient needs to have one eye (usually the dominant eye) corrected for distance vision and the other eye corrected for near vision. Monovision is usually used to treat those with presbyopia. Presbyopia is a refractive error that makes it hard for middle-aged and older people to see up close. This occurs when the lens (inner part of eye that allows the eye to focus) stops focusing light correctly on the retina (back of eye). Although it is a normal part of aging a lot of patients struggle with using prescription reading glasses, it can become a hassle. Monovision is a viable option for those who wish to reduce the use of glasses throughout the day.



How does Monovision work?

Basically instead of your eyes working together to both look in the distance or up close, monovision makes one eye responsible for distance vision and the other on up close vision. Monovision is achievable using contact lenses, artificial lens implants (intraocular lenses) or through refractive surgery (LASIK). It works on the premise that we all have a dominant eye- one the can see clearer than the other. The dominant eye is corrected for distance vision while the other eye is left near sighted to allow the patient to see up close.



This treatment works 50% of the time, for some patients they adapted well and others don't. Due to this, our optometrists give patients trial contact lenses to trial and perfect a prescription and so they can experience the monovision before making any permanent decisions. We recommend that monovision be trialled for a few weeks in varying situations to suit the patient's lifestyle, to ensure full acceptance of the treatment. In the long run monovision isn't favourable as you lose binocular vision (ability for both eyes to work together), some patients may still need glasses, some loss of depth perception and driving vision is compromised especially at night. Patients will be notified of

possible difficulties they may face while trialling monovision with any ball sports, golf, bowls, tennis etc. and the work place safety problems that may be present, work site and machinery standards. Monovision can have an undesired effective with those use a computer or do any activities at an arm length distance as there isn't much clarity in that in-between zone of your vision.

Overall monovision is an alternative for people middle-aged and older who struggle with presbyopia and don't want to rely on glasses throughout the day. Monovision can help patients achieve functional distance and near vision, it is not perfect but effective for those who are suitable candidates. If you are considering monovision we recommend booking a consultation today and discuss whether it's a viable alternative for your eyes and prescription.