

Printable Peli Lens Patient Brochure

Congratulations! You've taken the first step toward expanding your missing vision using Peli Lens technology. This brochure is an overview of how you should use your training prisms to get the most out of them before moving onto full-power Peli Lens prisms.

Have questions? Check in with your doctor or visit our website at ChadwickOptical.com/Peli-Patient.

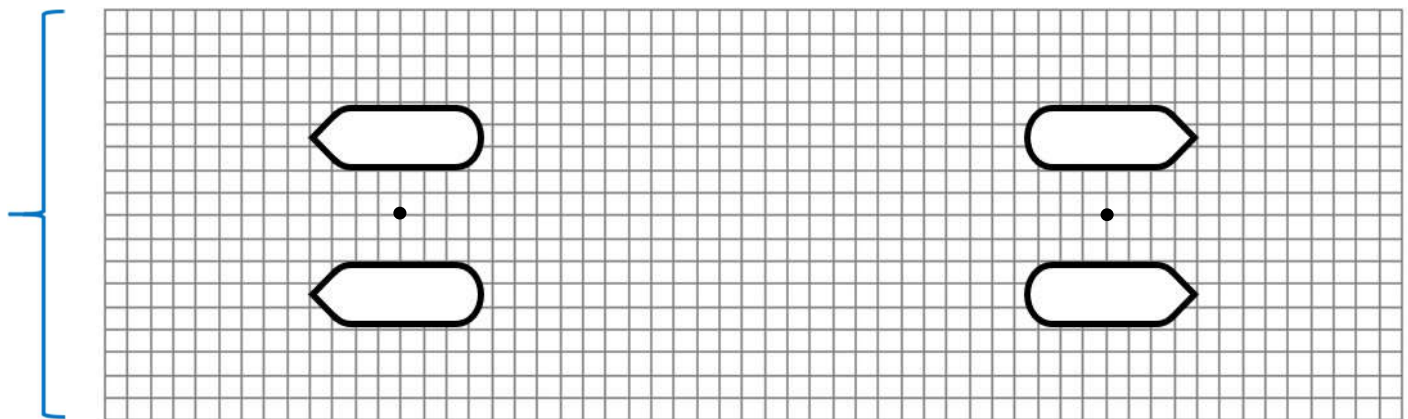
Lens Tracing

It's important for your doctor to perform a lens tracing using the pair of glasses to which training prisms are affixed. This will help you reattach the prisms on your own if they fall off.

We can guide you in reattaching prisms but we'll need the lens tracing for optimal results.

Left Hemi
(lens face down)

Right Hemi
(lens face down)



This box should be the height of a credit card

Prism Type
(check one)

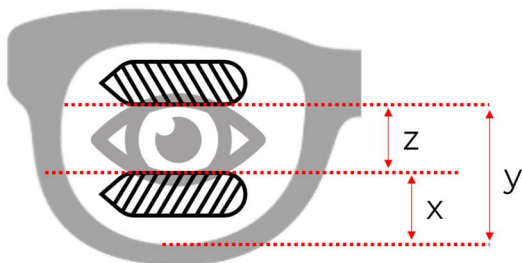
Oblique

Horizontal

In addition to the tracing, we recommend taking a picture of yourself wearing your training prisms so if they fall off, we have another piece of information we can use to help you reattach them.

Final Fitting Position

The space below should be used to record the placement of training prisms for use in ordering the full-power option when your trial period is over.



$$Y - X = Z \text{ or } X + Z = Y$$

_____: X = Lower Height (measurement from top of bottom prism to bottom of lens)

_____: Y = Upper Height (measurement from bottom of top prism to top of lens)

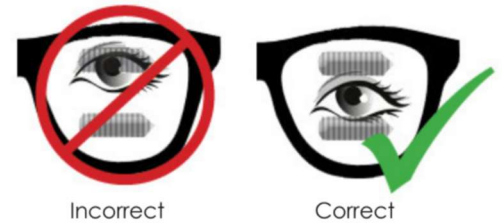
_____: Z = Separation (measurement from bottom of top prism to top of bottom prism)

When to Use Training Prisms

Training prisms should only be used when you need extra awareness on your blind side (shopping, walking, and times when you're mobile). The Peli Lens will hamper stationary activities like reading and watching tv.

How to Use Training Prisms

It is very important that you look **between** the prisms to get the benefits of the expanded visual field. Looking directly through the prism will cause double vision. This is undesirable.



How to Clean

Do not remove prisms from your glasses for cleaning. To care for your training prisms, use the procedure below. If the prisms become discolored or detached due to prolonged use, it's time for full-powered prisms.

1. Rinse your glasses lenses under a gentle stream of warm running water. If contaminants remain after rinsing, use a soft bristle brush like a toothbrush to gently clean the grooves of the prisms.
2. Pat or blot dry with a soft, lint-free cloth.

Mastering the Peli Lens

The more you wear and use your Peli Lens prisms, the more benefit you'll get out of them. Perform these exercises for at least 20 minutes a day to best integrate expanded visual field into your everyday life.

Walking

Prisms are meant for situations where you will be mobile so it's important to practice walking with them frequently so you can adjust to how items in your missing visual field will appear in your existing visual field.

Begin by walking in an area free of impediments to your mobility. As you become more adept at walking with prisms on, practice moving around areas with obstacles. This will help you learn how to detect obstacles and avoid collisions. Someone should be on hand to ensure your safety during walking exercises.

Turn and Look Exercises

Turn and look exercises help you differentiate where an object actually is versus where it appears. While wearing prisms, practice looking at objects as you detect them to grow accustomed to how objects appear.

Reach and Touch Training

Reach and touch training helps improve hand-eye coordination.

- **With a Buddy:** While you fixate on the nose of your buddy, they move their hand into your blind field. You point to and touch their hand as you detect it through the prism.
- **On Your Own:** Reach and touch objects as you detect them through the prisms.

Getting Full-Power Prisms

When you're done with the training period, you're ready for full-power prisms! Full-power Peli Lens prisms offer nearly twice the visual field expansion of training prisms in a single, removable format.

Made to last for years, full-power prisms are a portable, lightweight, and convenient way to use the Peli Lens on your terms.

