



SG
SIGHTGLASS
VISION

Powered by
Diffusion
Optics
Technology™

The Smart Start Guide

Everything you need to know about
your SightGlass Vision™ spectacles

Let's get started!

Well done on starting your journey to help slow down the progression of your myopia (also known as short-sightedness) with Diffusion Optics Technology™ spectacle lenses.

You might be trying spectacles for the first time, which can be exciting or make you feel a bit nervous. That's totally normal.

This guide includes information on wearing and caring for your spectacles.

Questions and answers

Why do I need to wear

Diffusion Optics Technology™ spectacles?

You've got a common condition that affects your eyes, called myopia or short-sightedness. This makes things like text on the TV or whiteboard at school hard to see.

What's so special about my spectacles?

Your spectacles have been made in your prescription and they're specially designed to help slow down your prescription changes.*

What are the lenses made from?

They're made from a specific material that's very light and strong.

When should I wear my spectacles?

Wear them all the time. From when you wake up until you go to bed. Keep them on for all activities, school, homework, reading, watching TV, eating, and hobbies.

What else do I need to do?

Keep your spectacles clean. It's easy, see how over the page.

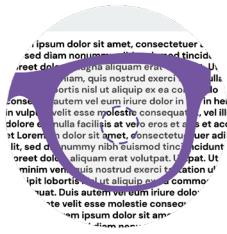
If we haven't answered your question here,
just ask your eye care professional.

*Change from baseline in spherical equivalent refraction at 24-months was -0.47 D and -0.88 D on average in the DOT 0.2 and control groups respectively (p<0.0001).



Making the most of your new spectacles

See small text clearly

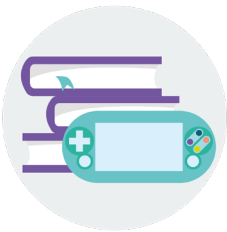


Your new Diffusion Optics Technology™ spectacle lenses have a special clear zone in the middle of each lens.

To help you read really small letters, just point your nose at what you want to see more clearly. That way, your eyes will be lined up with the special clear zones of your spectacles' lenses.

Whether looking near or far

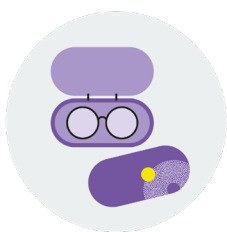
wear DOT™ all day and be a star!



For best results, wear your DOT™ spectacles all day, every day. This includes reading or when looking at other close-up objects.



Your DOT™ spectacles should not be worn for high impact sport like football or basketball. Ask your eye care professional about getting sports goggles.



Keep in your spectacles case when not wearing them at night or during high-impact sports.

3 easy ways to clean your Diffusion Optics Technology™ spectacles

01



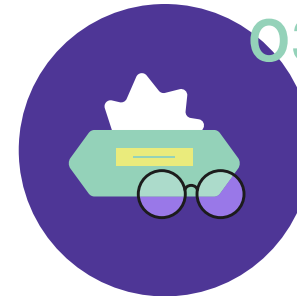
You can use mild dish soap, water, and a clean microfiber cloth to dry them.

02



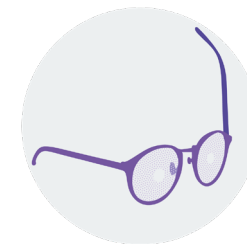
You can use spectacles lens spray and a clean microfiber cloth.

03



You can use premoistened lens wipes (lens cleaning wipes).

Important



Tell your parents if your spectacles frame is broken or needs an adjustment. It's important your spectacles feel comfortable and fit well.



If you experience eye discomfort or headaches, you should stop wearing your spectacles and return to your eye care professional.

Getting started with DOT™ spectacles.

Our patient charter.

This charter outlines the steps to take for maximum success with DOT™ spectacles.

Our commitment	Practice (please tick boxes)
We will monitor and track your/your child's progress and keep up-to-date on myopia management research to make sure you/your child receives the very best advice at each appointment.	<input type="checkbox"/>
We have recommended the most appropriate appointment schedule to review your/your child's progress.	<input type="checkbox"/>
We have recommended that you/your child wear these spectacles most of the time that they are awake, including for near work.	<input type="checkbox"/>
We will always reinforce the use of sports goggles for high-impact sports.	<input type="checkbox"/>
We have provided you/your child with advice on wearing and caring for the spectacles including how to put them on, take them off, and how to clean them.	<input type="checkbox"/>

Name:

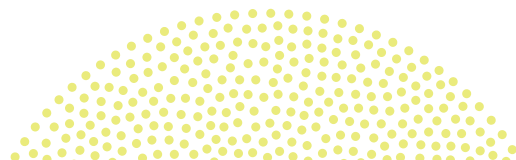
Signed: Date:

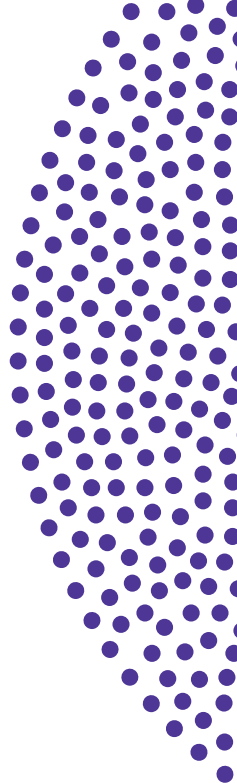
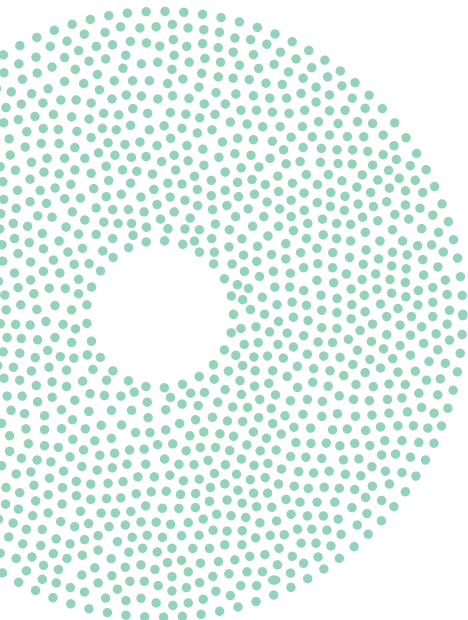
Your commitment	Parent/ carer (please tick boxes)	Patient (optional, please tick boxes)
I understand that DOT™ spectacle lenses will help me/my child see clearly and they may help to slow down the speed of my/my child's myopia progression. I understand that individual results vary.	<input type="checkbox"/>	<input type="checkbox"/>
I agree to attend regular appointments to make sure that my/my child's eyes are assessed regularly and progress is monitored closely.	<input type="checkbox"/>	<input type="checkbox"/>
I understand the importance of wearing my DOT™ spectacles for most activities (for example, when I read, watch TV, use the computer or phone, go to the movies, study, when at school).	<input type="checkbox"/>	<input type="checkbox"/>
I understand that I/my child should not wear these spectacles if they play football, rugby, basketball or other high impact sports, and ask my eye care professional about getting sports goggles.	<input type="checkbox"/>	<input type="checkbox"/>
I understand that proper handling and caring for my DOT™ spectacles will help keep them fitting well between appointments and I can visit when any adjustments are needed.	<input type="checkbox"/>	<input type="checkbox"/>

Name (parent / carer):

Signed (parent / carer): Date:

Signed (patient) optional: Date:





<https://www.sightglassvision.com/>

Nothing in this leaflet is to be construed as medical advice, nor is it intended to replace the recommendations of your eye care professional.

References:

1. SGV data on file 2021. Control of Myopia Using Peripheral Diffusion Lenses: Efficacy and Safety Study, 24-month results (n = 256, 14 North American sites).

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SightGlass Vision DOT 0.2 Spectacle Lenses

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