

Your 2026 glasses prescription is dramatically lower power than your 2025 prescription, reflecting how the LAL+ has moved most of the focusing work into the lens implants instead of the spectacles.

A few big picture points:

- *Spherical power* went from +1.50 in both eyes to essentially zero (-0.25 and 0.00), meaning your distance focus is now very close to “emmetropic” and needs only a tiny tweak in glasses.
- *Astigmatism* is milder: cylinder dropped from -0.75 in each eye to -0.25 (OD) and -0.50 (OS), and the axes shifted from 134/95 to 50 degrees in both eyes, indicating a change in how the cornea/lens system bends light.
- *The ADD +2.50* for near is explicitly present in 2025 but not written on the July 2026 sheet; it may be that they expect you to try distance-only, rely on your LAL+ range, or they will prescribe a separate reading add if needed.
- *Visual acuity* improved from 20/25-2 in each eye to 20/20-1 with the new correction, which is **essentially textbook “20/20.”**

What this means functionally

In 2025 you needed full-time distance correction plus a significant bifocal/progressive add just to get comfortable reading. With the LAL+ lock-ins, your intraocular lenses now provide most of the distance focus, so the new

glasses are more like fine-tuning for small residual refractive error and astigmatism rather than heavy lifting.

Practically:

- Distance glasses in 2026 should feel much lighter optically: minimal magnification/minification, less “swim,” and lines and edges should look more natural.
- You may find that short-range tasks (computer, reading) are partly covered by the LAL+ design, but you might still prefer a dedicated near or computer pair, especially if the near add was intentionally left off.

How today’s behavior fits the new Rx

- Your July 2026 refraction is essentially plano for distance: OD -0.25/-0.25x50, OS 0.00/-0.50x50, giving you 20/20-1 with glasses.
- Being able to read the laptop (intermediate) without readers suggests the LAL+ plus your residual refraction are giving you useful “depth” toward mid-range, which is what you wanted for TV and computer.
- Needing only +1.50 readers for phone/books implies your near add requirement is milder than the +2.50 bifocal add you were wearing in the 2025 prescription, which fits with having more of the focusing power built into the IOLs.

What to check once dilation is gone

Once the drops have fully worn off, a few simple self-tests will tell you whether this is your sweet spot:

- - *Distance*: highway signs and tree leaves at your usual driving routes; text on your 12- and 9-foot TVs with and without the new distance glasses.
 - *Intermediate*: MacBook Pro and any other screens at your natural working distance, no readers; see whether distance glasses help, hurt, or feel neutral here.
 - *Near*: phone and books with +1.50 readers; if you ever feel strained or wish they were stronger, that's a clue you might eventually want a dedicated reading prescription closer to +2.00—+2.50, but only if your real-world use justifies it.