

Getting back to reading, screens and school

After a day or two of rest, a gradual return to activity helps recovery. These tips make reading and screens easier while your eyes recover. Follow your doctor's plan for everything else.

Reading and screens

Short bursts. Stop before symptoms build, rest, then try again.

Bigger text. Zoom in, larger fonts, fewer windows open.

Turn brightness down and use dark mode if light bothers you.

Avoid fast scrolling and busy videos for now.

Print it. Paper is often easier than a screen.

Listen instead. Audiobooks and text-to-speech count.

School and work

Printed notes instead of copying from the board.

Extra time and breaks during tests and long tasks.

A quieter seat, away from windows and glare.

Sunglasses or a cap outdoors and in bright rooms.

Plan busy places (halls, stores) for when you feel best.

Tell teachers or your boss what makes symptoms worse.

Still having visual symptoms? Don't wait it out.

Reading that brings on symptoms, words that blur or double, or dizziness in busy places can be measured and treated now, alongside the rest of your care.

(561) 462-1245
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Go to an emergency room for a worsening headache, repeated vomiting, confusion, weakness, trouble speaking or sudden double vision.

