What is claimed is:

1. A method, comprising:

providing an ophthalmic lens having opposing surfaces defining a prescription (Rx) optical power of the ophthalmic lens, the opposing surfaces further defining an optical center of the ophthalmic lens, and the ophthalmic lens comprising an edge defining a perimeter of the ophthalmic lens;

obtaining a pattern of three or more optical elements; and

forming the optical elements on the ophthalmic lens according to the pattern,

wherein the at least three optical elements each have an optical effect different from the Rx optical power of the ophthalmic lens, and after forming the optical elements the Rx optical power of the ophthalmic lens remains unchanged,

wherein (i) the pattern is radially asymmetric, or (ii) the ophthalmic lens has at least one optical or structural characteristic that is radially asymmetric with respect to the ophthalmic lens; and

wherein (i) the ophthalmic lens is radially asymmetric and the pattern is formed on the ophthalmic lens according to a specified orientation, or (ii) one or more optical or structural features are formed within the ophthalmic lens, on at least one surface of the ophthalmic lens, and/or at edge of the ophthalmic lens, the one or more optical or structural features specifying a rotational orientation of the ophthalmic lens, and

wherein the ophthalmic lens reduces image contrast without substantially reducing light intensity at the retina.

2. The method of claim 1, further comprising determining the pattern based on a myopia diagnosis of a human patient.

3. The method of claim 1, wherein the optical elements are selected from the group consisting of protrusions on one or both of the surfaces, depressions on one or both of the surfaces, and inclusions in the lens material having a refractive index different from a refractive index of the lens material.

4. The method of claim 1, wherein the optical elements are selected from the group consisting of light scattering centers, lenslets, and annular Fresnel lens elements.

5. The method of claim 1, wherein the optical elements comprise light scattering centers which reduce a contrast of an image viewer by a user of the ophthalmic lens viewed through the pattern.

6. The method of claim 1, wherein the optical elements comprise one or more lenslets having an optical power different from the optical power of the ophthalmic lens that provide myopic defocus for a human patient.

7. The method of claim 1, wherein the pattern comprises one or more apertures free of the optical elements.

8. The method of claim 7, wherein an optical axis of the ophthalmic lens intersects an aperture of the one or more apertures.

9. The method of claim 1, wherein an outline of the pattern and/or a density distribution of the optical elements define an image viewable from a world side of eyeglasses containing the ophthalmic lens.

10. The method of claim 1, wherein the pattern is obtained by determining, using the data processing apparatus, the pattern based on one or more input parameter values selected from the group consisting of: a lens prescription for a human patient, a pupil size of the human patient, a vergence of the human patient, a pupillary distance of the human patient, a gaze angle of the human patient, a measure of myopic progression of the human patient, a predisposition of the human patient to myopia, a measure of conspicuity of the pattern of optical elements, a measure of comfort level of the human patient, an optical center height for a given pupil relative to a frame, and the lens final shape and size once mounted to the spectacle frame.

11. The method of claim 1, wherein the pattern is obtained by selecting the pattern from among a plurality of predetermined patterns, wherein the pattern specifies a size, shape, and relative location of the three or more optical elements.

12. The method of claim 1, wherein the optical elements are formed on one or both of the opposing surfaces of the ophthalmic lens or in a lens material of the ophthalmic lens.

13. The method of claim 1, wherein the ophthalmic lens is an eyeglass lens or a contact lens.

14. The method of claim 1, wherein the pattern is obtained based on at least one parameter associated with a human patient.

15. The method of claim 1, wherein the at least one optical or structural characteristic comprises a shape of the perimeter of the ophthalmic lens.

16. The method of claim 15, wherein the perimeter of the ophthalmic lens is shaped to fit a spectacle frame.

17. The method of claim 15, wherein the perimeter of the ophthalmic lens defines a circle and the at least one optical or structural characteristic comprises a deviation of the edge of the ophthalmic lens from the circle.

18. The method of claim 15, wherein the at least one optical or structural characteristic comprises one or more fiducial markings on one of the surfaces and/or the edge of the ophthalmic lens.

19. The method of claim 1, wherein the ophthalmic lens is for correcting an astigmatism and the at least one structural characteristic comprises a cylinder axis of the ophthalmic lens.

20. The method of claim 1, wherein the ophthalmic lens is a multifocal lens and the at least one structural characteristic comprises an optical power distribution of the multifocal lens.

21. The method of claim 1, wherein specifying a relative orientation comprises rotating the pattern and/or rotating the ophthalmic lens about the optical axis.

22. The method of claim 21, wherein specifying the relative orientation comprises measuring the optical axis of the ophthalmic lens and determining, using the data processing apparatus, where to form the optical elements on the surface of the ophthalmic lens based on the axis measurement.

23. The method of claim 1, wherein forming the optical elements comprises selectively exposing the surface of the ophthalmic lens to laser radiation.

24. The method of claim 23, wherein exposing the surface of the ophthalmic lens to the laser radiation comprises melting, foaming, or ablating a lens material of the ophthalmic lens at a surface of the ophthalmic lens.

25. The method of claim 1, wherein forming the optical elements comprises selectively depositing a material onto the surface of the ophthalmic lens.

26. The method of claim 1, further comprising shaping the edge of the ophthalmic lens according to a pair of eyeglass frames.