

How to choose the right frame size

Choosing a perfect fit frame is a very challenging task, even to those who use the glasses, when they go for getting another pair of glasses, it may not be the same as the older one. There are few ways of finding out which frame suits you best, but first, we should probably educate you on some of the basic terms for measuring your frame.

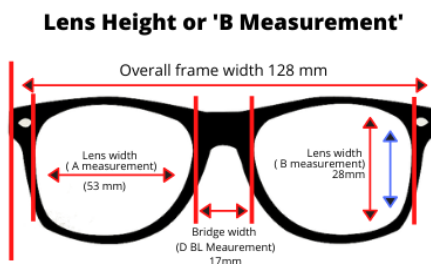
Lens width or 'A' measurement.

It is the measurement of the width of the frame horizontally in millimeters.

Lens height or 'B' measurement

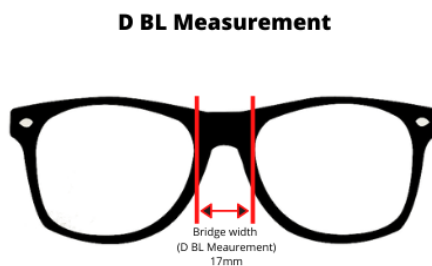
It is the measurement of the height of the lens length. It's measured from the top of the lens from the highest point and to the bottom of the lens at its deepest point in a vertical straight line.

These are only important for bifocal and progressive lenses.



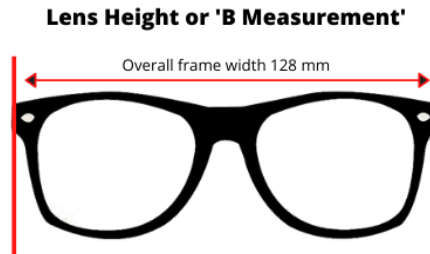
Bridge width or DBL measurement

Lens bridge width or DBL measurement is the distance between the two lenses in millimeter, it is measured between the two closest points of the two lenses.



The overall frame width

The overall frame width is measured also measured in millimeters. The overall frame width is the inside measurement of the frame. The overall width is also followed by some other factories. Such as the thickness of the rim of the frame and how wide the end pieces. The end-piece is the measurement where the lens ends to the outer edge of the frame. This measurement is very important for your best overall fit.



Temple length

Temple length is measured along the length of the temple from one end to the other including the bend.

How to find your correct frame size

We can find our own frame size with several ways of doing this,

1. You can take reference from your old pair of the frame as a guideline, if you already have an old frame you can use it as a guideline for buying the pair online. The size of your frame will be mentioned inside the temple. The eye size will be mentioned first, then there will be a dash or a square then the bridge size and a small space then the temple size [50- 18 / 140]. If the size is not mentioned there, look on or under the bridge for some frames it may be also inside of the nose piece. Each frame varies from each other according to the manufactures
2. The second method of measuring the frame size is to measure yourself to identify your frame size. For those who don't have a frame for reference. You can follow these steps to measure yourself. Look into a mirror and hold a ruler and make sure you have lined it up with the temple. Measure the distance between the temples in inches. You can use the charts below to convert your measurement into frame size.

Frame size chart

MEASUREMENT IN INCHES	4 ^{1/8}	4 ^{1/4}	4 ^{3/8}	4 ^{1/2}	5	5 ^{1/8}	5 ^{1/4}	5 ^{3/8}	5 ^{1/2}	5 ^{5/8}	6		
FRAME SIZE	40	42	43	45	47	48	50	52	53	55	57	58	60

To convert inches into millimeters multiply it with 25.4

ie, 1 inch = 25.4 millimeters

To convert centimeters into millimeters multiply by 10

ie, 1 centimeter = 10 millimeters.

Overall frame size

Now that you have your eye size, the next step is to determine the overall frame size

To find the overall frame size you need to double the eye size add it together and add an average bridge measurement of 17

ie, eye size = 52mm

Double the eye size = $52+52 = 104\text{mm}$

Bridge measurement = 17 mm

$$52 + 52 + 17 = 121$$

Now add an average of 5mm for each of the end pieces

ie, $121+5+5= 131$.

This will be the best fitting frame for you, if there is any measurement issue just minus 3 millimeters from it and you will have a perfect fitting frame for you