

How to Select the Right Frame Size

The importance of eyeglass frame size is often overlooked

Most of the web articles focus on the accuracy of the lenses, the match between the face shape and the frame, or the match between the glasses and the style of clothing. Of course I do not deny the importance of the above questions, but the basis is that there must be the right size of your glasses frame

The size of the frame is usually marked like 50□20-140 on the glasses. What does this mean?

50 represents the width of the lens is 50mm, 20 represents the size of the nose bridge is 20 mm, and 140 represents the length of the temple. The first two dimensions are more important.

There is a data, pupillary distance also called PD in the prescription of glasses optometry, which refers to the distance between the pupils of two eyes.

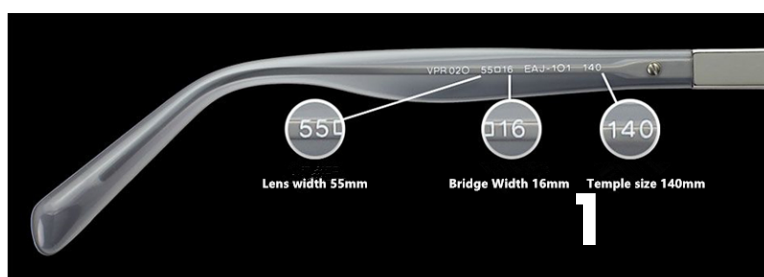
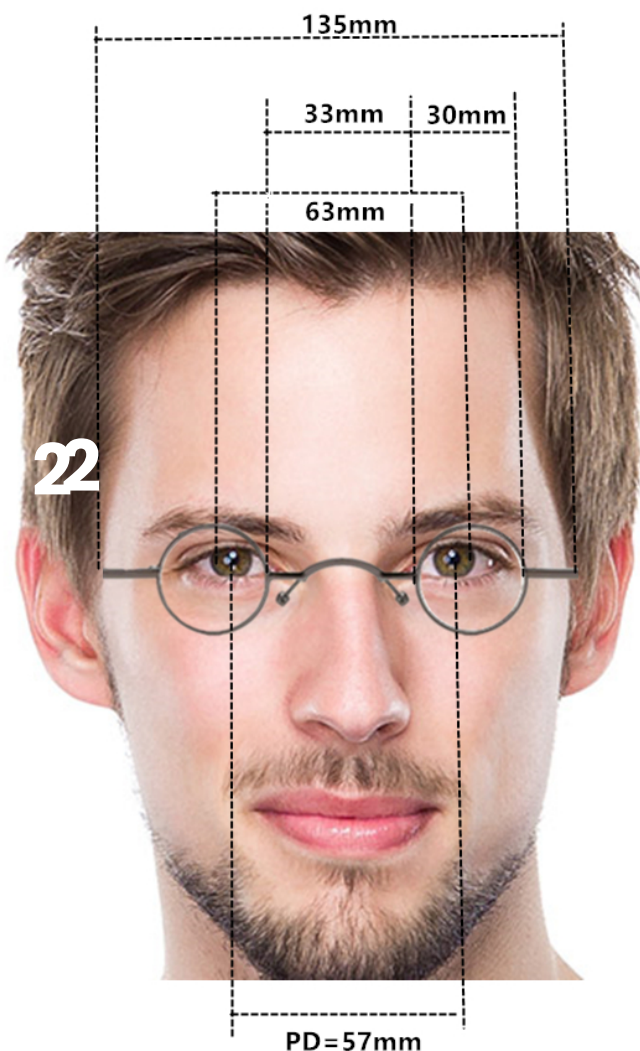


Image show that Two eyes are not fully covered by lenses



On the other hand, If the lens is wide and the nose bridge is small and the pupillary distance is also small, this may not be a problem.

Because the wide lens has a relatively large fault tolerance rate, that is, the pupillary distance is a bit biased towards the internal side of the lens, but this does not affect the use as shown in image.

For Example: Frame size: 52□18-151 Smaller bridge, small pupillary distance but wider overall width of lens and frame.

The overall width of the frame is also important, however, because temples generally have a certain elasticity, the overall width of the frame has a certain fault tolerance rate.

However, if you have a narrower face, it is not recommended to choose glasses with frame width more than 150mm. For wider faces, it is not recommended to choose frame with a total frame width less than 125mm.

However, the small size nose bridge may create problems for the people who have big noses which will make the center of lenses too high for pupils. Sometimes it may be solved by adjusting the nose pad arm.

So, What Frame Size Fits You?

Appropriate glasses should make the pupil basically in the center of the lens. Of course, the larger lens has a higher error tolerance rate, but the smaller lens has a very low error tolerance rate and must be basically in the center of the lens.

In general, high myopia increases the thickness of the lens edge. Therefore, High Prescription Glasses often choose a small size lens, however, you must pay attention to where the pupils should be in the lens.

How to center your pupils in the lenses?

Simply: pupillary distance = glasses bridge + single lens width

pupillary distance = distance between the center of right lens to the center of left lens

If the pupillary distance(PD) is relatively small, with small lens width, and the big width of the nose bridge, There may be a problem. Because the fault tolerance of narrow lenses is very low, see attached picture. Frame size: 30□33-135. Very small lens, wild nose bridge, and PD= 57mm

Bridge width+Single Lens width=33+30=63 mm > Pupil distance (PD)=57 mm

Result: Two eyes may not be covered by lenses.

For the matching of the size of the glasses, the bridge and the lens width coordination is very important, not a single size issue.

Take away: customers with small pupillary distance may not select the frames with wide nose bridge.

