Frame Fitting Guide

Ordering glasses online poses a distinct challenge in that the frame may be too large or too small or even too heavy or too tight and the colors may not appear as bright as they do on the screen you are using. Although we cannot guarantee the frame you chose from our online catalog will fit you perfectly, these notes from www.zennioptical.com will help you approximate the best frame specifications for your needs and preference. Please use them at your risk and understand that by placing an order using any online catalogs, your frame orders are final both with and without insurance.

All frame orders come with a standard 1-year warranty. *

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**A Guide to Eyeglasses Frame Measurements**

**What Are The Frame Dimensions?**

- **The Frame Width**: measures the entire horizontal front of the frame, from the furthest extended point on either side.
- **The Lens Height**: is the vertical height of the lens.
- **The Bridge**: is the part that goes across the bridge of your nose—hence the name.
- **The Temple Arms**: connect to the front of the frame on either side and rest behind your ear.
- **The Lens Width**: is the horizontal diameter of one lens. Doctors may refer to this as "eye size."

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* Warranty voided if greater than 365 days of purchase date passes, any pieces are missing, glue of any sort is used in any repairs, or if any bite marks are noted (pet damage).

1. https://www.zennioptical.com/measure-eyeglass-frame-size-how-to?gclid=Cj0KCQjwhZr1BRCLRIsAEJRVQOC_KbLq5M6rQd3knJKWf-sh4FjrYblakkPFGcawQ56FR9INB7nIaAsoeEALw_wcB&gclsrc=aw.ds
A Helpful Hint

You’re ahead of the game if you already have a pair of eyeglasses that fit you well. Your glasses may have numbers, which indicate three frame dimensions, printed on the inside of the temple arm.

**EXAMPLE**

If the numbers are 54-18-140, your frame dimensions are:

- 54 mm lens width
- 18 mm bridge width
- 140 mm temple arm length

You have a leeway of 2-3 mm on each measurement, except for the bridge. Stick to a leeway of just 2 mm on the bridge.

The most important dimension—the frame width—will not be printed on the temple arm. Follow our guide below to measure the frame width and ensure your new glasses are the right size for your face.

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DIY Measurements

If the numbers aren’t printed on your glasses, never fear. You can measure your frame dimensions with a millimeter ruler or cloth measuring tape.

**THE FRAME WIDTH**

Measure horizontally across the entire front of the frame. Include any lug or hinge pieces that stick out on the sides.

**THE LENS HEIGHT**

Measure along vertically, at its tallest point. For bifocal or progressive prescriptions, the lens height must be at least 30 mm.

**THE BRIDGE**

Measure horizontally, at the top of the bridge, from the edge of one lens to the other.

**THE TEMPLE ARMS**

Measure from the hinge—where the arm connects in the front—to the spot where the arm begins to bend down around the ear. Then measure from the top of the bend to the bottom tip. Add the two sections together for the total temple arm length.

**THE LENS WIDTH**

Measure horizontally, at its widest point. Make sure the lens width accommodates your pupillary distance so that your eyes align with the “optical center” of the lens. Measure your PD using this guide.

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1. [https://www.zennioptical.com/measure-eyeglass-frame-size-how-to?gclid=Cj0KCQjwhZr1BRCLRIsALjRVQOC_KblQ5M6rQid3knJKWf-sh4FjrYblakkPFGcawQ56FR9INB7nIaAsoeEALw_wcB&gclsrc=aw.ds](https://www.zennioptical.com/measure-eyeglass-frame-size-how-to?gclid=Cj0KCQjwhZr1BRCLRIsALjRVQOC_KblQ5M6rQid3knJKWf-sh4FjrYblakkPFGcawQ56FR9INB7nIaAsoeEALw_wcB&gclsrc=aw.ds)
1. https://www.zennioptical.com/measure-eyeglass-frame-size-how-to?gclid=Cj0KCQjwhZr1BRCRAIIsALJRvQOC_KbLq5M6rQiQd3knJKWfsh4FjrYblakkPFGcawQ56FR9INB7nIaAsoeEALw_wcB&gclsrc=aw.ds