



**U.S. Department of Veterans Affairs**

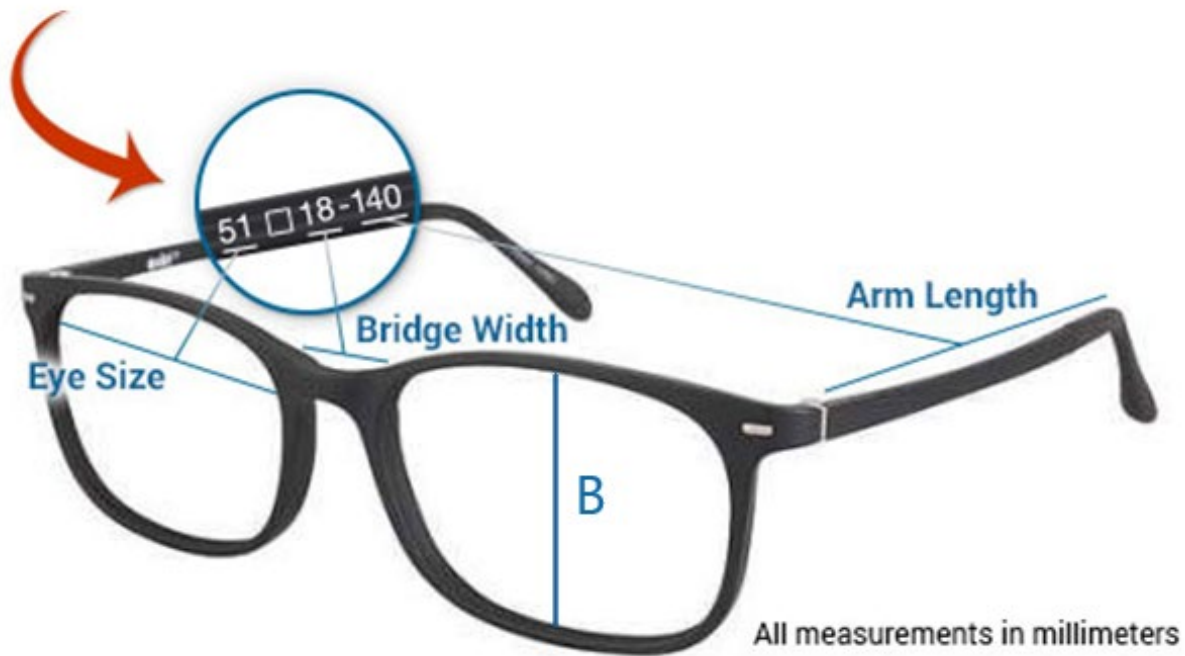
Veterans Health Administration

## How to Select a Frame for Eyeglasses

The easiest and fastest way to find the right size glasses for you is to use your current glasses as a benchmark. Once you know the size of your current glasses, you have a frame of reference for a new pair of glasses.

*For example, your glasses have this size: 50-20-145. You can now search for eyeglasses with a similar size. When you do the search, search the eye size range 49-51, and search the bridge range 18-22, and do not search the temple size. Temple size is really not important except in very special cases.*

For any person, there is no one right size of glasses. Your face can accommodate a wide variety of glasses sizes and most glasses will work for most people. The rule of thumb is that the total width of the glasses front all the way across, including the endpieces, should be similar to the width of your head. This will allow for the optimum proportion of the glasses to the head, and for the best comfort.



Eyeglass frames have four basic measurements: eye size, bridge width, temple length, and B measurement. The eye size refers to the horizontal width in millimeters of one of the frames lenses. The measurement is taken from the inside of one side of the frame to the inside of the other side of the frame. The lens is measured from its furthest point, where it would intersect with a vertical line. The bridge measurement is the distance in millimeters between the two lenses. It is measured between the two closest points of the two lenses. The temple length is measured along the length of the temple,

from one end to the other, including the bend. The B measurement refers to the vertical height of an eyeglasses lens. The measurements are taken from a horizontal line intersecting with the top of the lens, to the horizontal line intersecting with the bottom edge of the lens. The B measurement is only important when making progressive or multifocal lenses.

**How To Measure Eyeglass Frame Size**


There are two ways to measure eyeglasses frame size:

- 1) Read the tiny lettering on the inside of your glasses. Sometimes the lettering has worn off, or it is too small for you to see even with a magnifying glass. In which case you need to
- 2) Measure your glasses with a millimeter ruler. The eye size is measured from one side of the lens to the other, horizontally, at the widest points. The bridge size is the distance between the lenses at the closest point. The temple size is measured from the tip to the hinge, including the bend.

**For the VA Portland Health Care System’s Remote Frame Selection Guide**

- For selecting a VA frame without having to visit the optical shop in person, take a look at your current frame to determine the size. Use those numbers to compare to the frame guide.
- If the numbers are worn off, you can measure the frame with a millimeter ruler.
- Then review the document [Eyeglass Frame Selection for VA Portland HCS](#) (frame guide).
- Select a frame that has a similar frame size. (within a millimeter or 2)

MODEL	3066	
Color	Eye-Bridge-Temple	B
Shiny Gold	52-17-140	41
Brown	54-17-145	42
Gunmetal	56-17-145	44



The above graphic has three different sizes and three different colors from which to choose.

There are some cases where a large glasses frame on a small head could look oversized, and a small glasses frame on a large person may hurt (as the temples persistently dig into the sides of your head). But even in extreme situations, you choose frames first on how they look on your face.