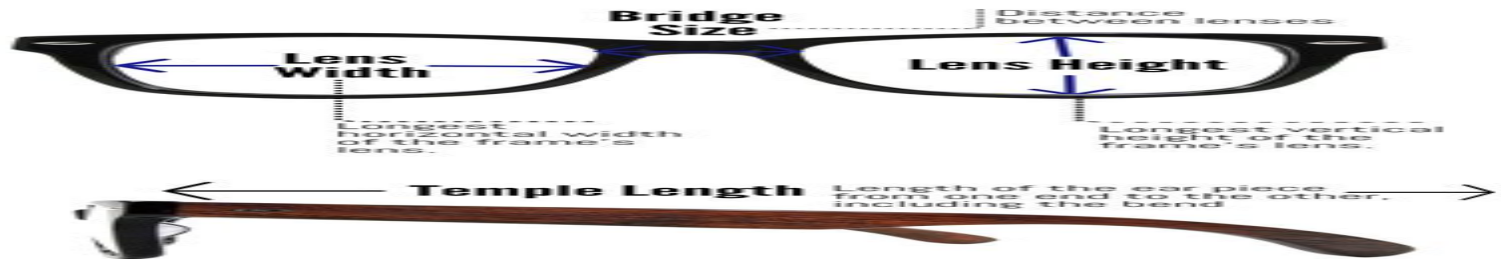


How do I pick the correct frame size?

Made Simple.

1. Understand what frame dimensions are.



2. Know where to find these dimensions on your frames.



3. Use your current glasses as reference.

Lens Width +/- 2-3 mm	Bridge Size +/- 1-2 mm
Temple Length +/- 2-3 mm	Temple Width +/- 2-3 mm

Look for frames with dimensions that are within 2-3 mm of your best fitting glasses.
For bridge size, it is best to stay within 1-2 mm of your current glasses.

4. Decide to go smaller, larger, or stay the same in size.

P 46-48 mm	S 48-50 mm	M 50-54 mm	L 55-56 mm	XL >57 mm
 If you have a high prescription, it is best to stick with frame size that is smaller to keep your lenses thinner.				

5. Use the virtual mirror to see how the glasses will look on you.



6. Still unsure. Contact us.



415-603-2020



info@seesawseeneyewear.com

Guide To Fitting Glasses

Terry C. Jones



Guide To Fitting Glasses:

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