

CHOOSING AND USING SPECTACLES

Do you need spectacles? The majority of people wear spectacles, and this leaflet tells you more about choosing and using them, as well as how you can always ask for help from a registered dispensing optician.

CHOOSING LENSES

Spectacle lens choices can seem vast. There are options of glass or plastic lenses, lenses just for one task (such as reading or driving) or for a variety of tasks, bifocals or varifocals. High index materials have been developed which allow your lenses to be thinner and lighter. When you talk to the dispensing optician about your spectacles, they will explain to you about the different lenses that you can choose. Talk to them about your needs and they will expertly advise you about the best options for you.

CHOOSING FRAMES

It can be bewildering looking at all the frames in an optical practice, especially if you have never worn spectacles before. A registered dispensing optician can help you narrow down your choices and find the perfect pair for you. There are many choices of metal and plastics frame materials. Talk to your dispensing optician about your lifestyle and any allergies you have. They will advise you of the best options for your needs and budget.



Talk to your dispensing optician about your lifestyle, as this can affect your choice of spectacles.



There are different types of frames and lenses to suit you - whether you love sports or spend more time using a computer.



You can choose between metal and plastic frames, and there are a wide range of lenses too.

Let the dispensing optician know your budget, they can help you find frames and lenses to fit.



You may want to pick a frame shape that contrasts with the shape of your face - someone with a square face will find oval frames soften their face in a positive way.



Always remember, you are not on your own when choosing spectacles - ask for help from a registered dispensing optician.



If you haven't had an eye test recently, or have any concerns about your eyes, visit your local optician.



CHOOSING AND USING SPECTACLES

What you need to know



THE MAIN THINGS TO LOOK FOR WHEN CHOOSING YOUR SPECTACLE FRAMES ARE -

- The centre of your pupil should be approximately in the centre of the lens.
- A frame shape that contrasts with the shape of your face. For example, if you have a round face you may want to pick a rectangular frame, while someone with a square face will find oval frames soften their face in a positive way.
- Frame colours to complement your skin and hair tones.

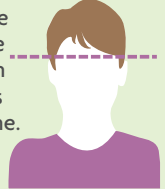
HOW SPECTACLES SHOULD FIT

Each pupil should be in the horizontal centre of the lens. The width of the frame should match the width of your face. The side of your spectacles should run along the side of your face without cutting in. Most frame sides should curve downwards once they reach the ear. The frame should feel and look comfortable on your nose. The lower edge of the frames shouldn't touch your cheeks, so that they don't rub or irritate.

RETURNING FOR ADJUSTMENTS

Sometimes spectacles need adjusting. Whatever the situation, just visit the practice where you purchased your spectacles and ask for an adjustment. The dispensing optician will assess how the spectacles fit on your face. They may use pliers to adjust metal frames, or warm up plastic frames so that they can be manipulated to fit better. It is a skilled task to ensure that spectacles align properly on the wearers face, and one that may need to be repeated again after spectacles have been worn for a while, to ensure that you always have the optimum fit.

The frame should be level with your eyes & browline.

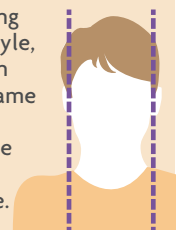


The side of your the spectacles should run along the side of your face without cutting in.



The frames shouldn't touch your cheeks.

Depending on the style, the width of the frame should match the width of your face.



MAKING EYECARE CLEARER

GO ONLINE AND FIND OUT MORE



EYECARE FAQ - AN INITIATIVE BY ABDO

Association of British Dispensing Opticians