









# How to Choose Frames and Lenses for Eyeglasses for Students

## Frames

























Metal Frames	Plastic Frames
 Relatively thin, easily bend or deform, lighter.	 Relatively thick, do not easily bend or deform.
 Sweating can cause skin irritation with metal frames and sweat may also corrode the metal surface.	 Suitable for students who sweat a lot as skin irritation is less common with plastics.
 The frame is farther away from the face.	 The frame is closer to the face.
 Most frames have nose pads, which can be adjusted according to the height of the bridge of nose.	 Some frames have no nose pads, with the bridge of nose supporting the frame directly. Little room for adjustment.

## Points to Note When Choosing Eyeglasses Frames:




- Severity of refractive errors:** Students with severe refractive errors should choose plastic frames as they are thick enough to cover the edge of the thick lenses and it also looks better. Students with high astigmatism should avoid round frames.
- Width of the face:** The size of the frames should match the size of the face and the head. The larger the frames, the bigger and heavier the lenses will be. However, smaller frames mean a smaller peripheral vision.
- Width of the head:** The width of the frame should be similar to that of the head so that the arms will neither press against the head nor be too far away from the head.
- Distance between the eye and the ear:** The length of the arm should match the distance between the eye and the ear. It's uncomfortable to have arms that are too long or too short.
- Height of the bridge of nose:** Students with flat nose should choose frames with nose pads which secure the position of the frame and prevent it from sliding down or getting too close to the face, making it more comfortable to wear.
- Habit of removing the eyeglasses:** Students who have the habit of removing their eyeglasses with one hand only should choose frames with spring hinges. They do not easily distort and damage in accidents is usually milder.
- Style of the eyeglasses:** Students may refuse to wear eyeglasses just because they do not like the style. Thus, when choosing eyeglasses, parents should discuss with their children and make sure they accept that they need to wear glasses and agree with the style chosen.

## Eyeglass Lenses

Classification of eyeglasses lenses (1): plastic lenses, high index plastic lenses and very high index lenses

Plastic Lenses	High Index Plastic Lenses	Very High Index Glass Lenses
 Shatter-resistant  Impact resistance	 Shatter-resistant  Good Impact resistance	 Not shatter-resistant  Impact resistance
 Lighter	 Lighter	 Heavier
 Surface more vulnerable to scratches	 Surface more vulnerable to scratches	 Surface not vulnerable to scratches
 Suitable for low myopia	 Suitable for low to moderate myopia	 Suitable for high myopia
 Thicker	 Thinner	 The thinnest
 Provide good UV protection (need special treatment)	 Provide good UV protection	 Provide good UV protection
 Relatively cheap	 Relatively expensive	 Relatively expensive

Classification of eyeglasses lenses (2): with anti-reflective coating

With Anti-reflective Coating
Multiple anti-reflective films are coated on the surface of the lenses
Reduced glare can help improvement in vision
Not affecting the progression of refractive errors
 Reduce light reflection and increase the transparency of the lenses
 Better appearance and clearer
 Relatively expensive

### Points to Note When Choosing Lenses:

1. Students should choose plastic lenses as glass lenses may break during accidents and cause eye injury.
2. Always clean lenses with clean glasses cloth instead of tissues, clothing or other materials so as to avoid scratching the lens.
3. If the anti-reflective coating comes off, the lens will look worse than ordinary uncoated lens and vision will be affected.
4. Badly scratched lenses affect vision and should be replaced as soon as possible.