

# Adjusting & Positioning

YOUR NEW GLASSES



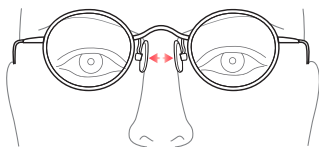
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# Positioning your new glasses

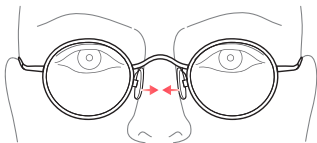
Proper positioning of your new glasses will result in them being more comfortable and working more effectively. It takes just a couple of minutes to adjust them for your particular face.

## ADJUSTING YOUR NOSE PADS

Glasses with nose pads can be adjusted to give you a perfect, custom fit. If they sit too high or too low, do the following:



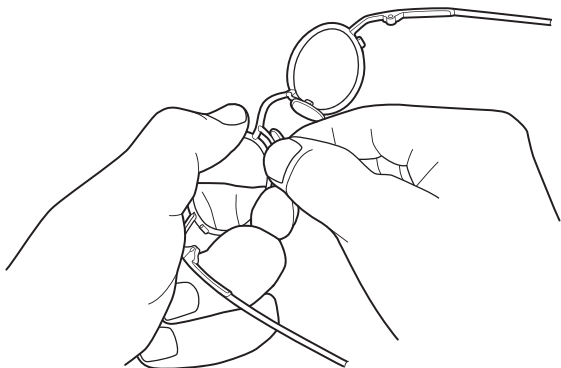
GLASSES TOO HIGH? Lower them by adjusting the nose pads outward, away from each other.



GLASSES TOO LOW? Raise them by adjusting the nose pads inward, toward each other.

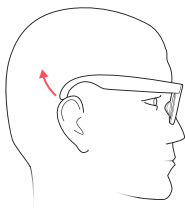
## HOW TO ADJUST NOSE PADS WHILE PROTECTING THE FRAME AND TEMPLE HINGES

First, cup the outside left lens area firmly in your left hand with the nose pads facing upwards. Using your forefinger and thumb of your opposite hand, reposition the nose pad in the desired direction, taking care to follow the existing contour. Make moves in small increments, as not much will be needed. Repeat process on the right side, using opposite hands. Be sure to make equal adjustments to both sides.



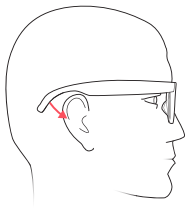
# Adjusting your temple arms

The correct temple arm length will make for a more comfortable fit and will prevent glasses from sliding. Note: when adjusting your temple arms, be sure you do not place any stress on the hinges.



**PROBLEM:**  
Temple arm  
adjusted  
too short.

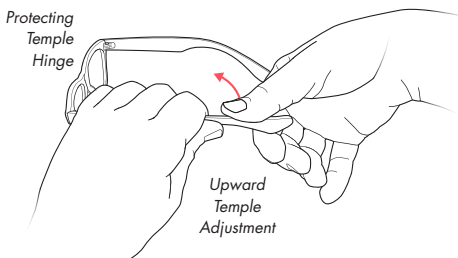
**SOLUTION:**  
Temple arm  
needs upward  
adjustment to  
make it longer.




**PROBLEM:**  
Glasses slip,  
temple arm  
too long.

**SOLUTION:**  
Temple arm  
needs downward  
adjustment to  
make it shorter.

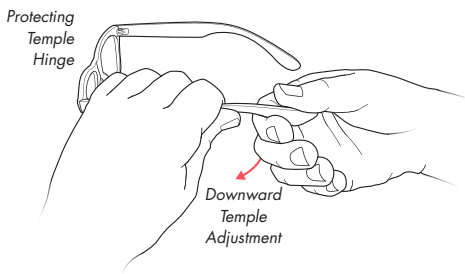
## TO LENGTHEN TEMPLE ARM




1 | Grasp the temple arm with one hand at mid length to isolate any movement that can stress the hinge. 

2 | Use opposite hand and apply upward pressure to increase the existing curvature over the ears. Repeat on opposite side.

## TO SHORTEN TEMPLE ARM



- 1 | Grasp the temple arm with one hand at mid length to isolate any movement that can stress the hinge. 
- 2 | Use opposite hand and apply downward pressure to increase the existing curvature over the ears. Repeat on opposite side.

## CHECKING ALIGNMENT



Place your glasses on a flat surface to ensure level alignment. Both temples should touch the surface on the same plane.

Flip the glasses on their backside to verify the frame is also level.

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