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Do it yourself adjustment tips.

Adjusting your glasses can be very easy with these simple steps and products.

Eyeglasses are simple contraptions. It does not take much to keep them functioning properly and fitting right on your face. Just like an automobile, a bicycle, a guitar or any other piece of hardware, glasses require some tuning up from time to time. Glasses get used every day for long periods of time. Unfortunately, they are bound to get loose. Ideally, you want to refit your glasses every few months to prevent them from falling off your face and breaking. At the same time, you want to clean your lenses, frames and nose pieces daily to avoid gunk and build up that can really affect the long term life of your eyeglasses. Cleaning them daily will also help you examine your eyewear. Here is where you can check for loose screws, wobbly ear pieces, bent pieces, scratches and more. Now, you can easily take your glasses into your optician to get repaired but who has the time for all that? You can easily repair and fit your glasses yourself with a few simple steps.

Before beginning adjustment techniques it is important to know the different parts of your glasses such as the frame, lens, nose pads, temple clips, ear piece/arms, nose ridge, screws on the temple clips and screws on the lens.

Also, it is important to know what you will need to properly adjust your glasses. Things you will need include a magnetic four-pin Philips screwdriver, small needle-nose pliers and a small container to place loose screws. All of these can be found in eyeglass repair kits which also include replacement screws, cleaning supplies and nose pads.

Now let's get to adjusting your frames.

- 1) Set your glasses on a flat table to find out where and how the glasses are misaligned. This should give you an idea of where to start.
- 2) A good idea is to also use a mirror to see exactly what your glasses look like from multiple angles. From here you'll get exactly where the frames are maladjusted.
- 3) Try wearing your glasses again before making any adjustments. Use the same mirror and feel out where your glasses are loose.
- 4) Place the eyeglasses back on the table.
- 5) Push the ear pieces up or down, depending on your needs. Pushing up will make the frame slope downwards and pushing down will make the frame align upwards. Sometimes, one needs to be pushed up and the other down. Remember, on metal frames this can be done with some pressure. On the other hand " plastic glasses will break with too much pressure. Be very careful with either and consider adjusting the screws first.
- 6) Next, check the temple clips. These often get very loose and cause most of the fitting issues. Tighten the temple clip screws, but not excessively. Loose clips cause the frame to slope sideways. This is why it is important to keep these tight but not too much. Clips that are too tight might have the same effect and will not allow you to close and store your frames.

7) With the needle-nose pliers, straighten the rim. If it is bent out of shape and needs slight adjustment, using the pliers can help properly get it back to working condition. Use only smooth pliers so you don't scratch your lenses on accident.

8) If you happen to own thick plastic glasses, you may have to take them to an optician. They have the proper tools and experience to correct and realign these frames without breaking them. Optical offices often have a hot box which warms the frame into a bendable condition where they can be properly adjusted.

All of these steps were designed to help you maintain your glasses and correct small adjustment issues. If you have dropped your glasses or have missed the time to continually keep them adjusted, go to your optician's office. They have the proper tools and experience to get the job done right. It isn't worth destroying your glasses if the repairs seem too much. Often, an eyeglass store will adjust you for free. The good ones won't even ask if you are a customer.

When you get your glasses back, now you know the importance of regular maintenance. Taking care of your eyeglasses and frames can save you the headache of continually getting them fixed. With proper maintenance and care, your glasses can last you longer than you ever imagined. It is a simple thing to take care of your glasses on a daily basis and it all starts with a quick wash. Make cleaning your glasses a daily routine to make sure there is nothing wrong with your frames or lenses. This will save you any surprises.

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Find out how to adjust your own [glasses](#) so they make the perfect fit on your face without having to visit the optometrist.

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