

Pupillary Distance (PD)

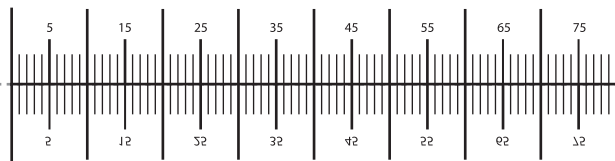
PD is the distance (in millimeters) between the pupils of your eyes that's used to determine the proper lens shape and alignment of your prescription to your line of vision.

How do I measure my own PD?

- 1** Keeping your face straight, stand about 8 inches (20 cm) away from a mirror and hold a ruler against your brow.
- 2** Align the ruler's 0 mm mark with the center of your left pupil.
- 3** The millimeter line that aligns with the center of your right pupil is the PD.
- 4** Repeat these steps several (3-5) times to get an accurate measurement.



0 10 20 30 40 50 60 70 80



Fold Here

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