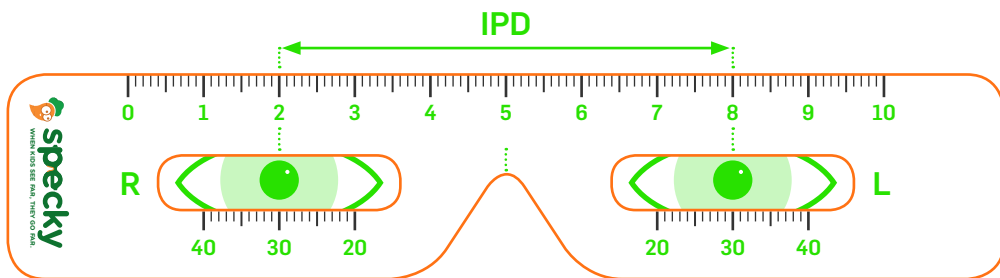


Sizing your child's interpupillary distance

Use this tool to determine the distance between the two centers of your child's pupils called interpupillary distance or IPD.

Cut the measuring tool along the orange lines. Then, place it well in the middle of your child's nose and make note of the distance between centers of their pupils.

You may also note the distance monocularly (each eye separately) by observing each pupil on which number its center is falling in the two openings. Write them as RPD and LPD respectively for right and left.



Ex. Here, IPD is equal to 60mm RPD = 30mm LPD = 30mm

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