

TheraSpecs WearOver Sizing Guide

This guide helps you find the WearOver frame that fits over your prescription eyewear. The red boxes on the following pages are printed at true size; your glasses must fit within the box for that size to work.

Step 1: Print at 100% (No Scaling)

1. In your print dialog, set scaling to "None" or "Actual Size" (100%).
2. Print this document.
3. Verify scale: place a standard credit card over the box below. It must match exactly.
4. If the card does not match, reprint before proceeding— the sizing boxes will be wrong.

Step 2: Find Your Size

5. Place your glasses face-down inside each red box on the following pages.
6. If your glasses fit inside the box, that size can work for you.
7. Choose the size that is just slightly larger than your glasses for the best fit.
8. If your glasses exceed all boxes, contact our team for help.

NOTE: Glasses shown on the following pages are for visual reference only.

The red box on each page is printed at true size. Place your prescription frames face-down inside the box to test fit.

▼ PRINT VERIFICATION – Credit Card Must Match This Box Exactly



If this box does not match your credit card, reprint at 100% before using the sizing pages.

Size Overview

Style	Max Width	Max Height	Best For
Esme	145 mm	56 mm	Designed for tall, oversized frames. Features large lenses that fit a wide range of popular styles.

ESME WEAROVER

Designed for oversized frames. Maximum coverage with a dramatic silhouette.

Max prescription frame: 145 mm wide × 56 mm tall



Place your prescription glasses face-down with the arms open inside this box to test fit

145 mm × 56 mm



Need Assistance?

Our customer care team is happy to help you find the right fit:

- Email a photo of your glasses to our customer care team
- Include the measurement of the front of your glasses in millimeters
- Contact: contact@theraspecs.com