

Nevada Board of Dispensing Opticians

From: tamara sternod [REDACTED]
Sent: Saturday, April 25, 2026 7:38 AM
To: Nevada Board of Dispensing Opticians
Subject: Re: CE Course Questions

To the Nevada Board of Dispensing Opticians

The course on mastering frame adjustments and what tools to use taught on March 15th 2026 was basic 101 adjustments

The course went over basic frame adjustments, and which pair of specialty pliers work best for adjusting a thick plastic frame temple, how to heat up a plastic frame to bring in the sides for a 4-point adjustment when bowed out. How to adjust metal frames properly.

It also went over how to edge a lens that is too big for a frame, how to create a standard V-bevel, a shelf bevel for a wrap frame. The course also covered how to put liner or glue to make a lens that is too small fit in a frame.

The course taught what specialty stone to use to clean and restore your edger.
We were also shown how to put nose pads on a plastic frame by using hot fingers tool.

The course went over several ways on how to put a screw in a spring hinge frame. Turns out many people just put whatever screw works and cut the top and bottom of it off.
The course did not go over using soldering frames as we ran out of time.

Please reach out to me if you need more detailed information.