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## How to Wind a Wrist Watch

By **Sandy Parke**

## How to Wind a Wrist Watch

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Many of my lovely lady customers write to me after they purchase an antique wrist watch with a mechanical movement asking which is the correct way to wind a watch. They ask if it needs to be wound forward or both forward and backward. And they also ask how much should they wind it, how often should they wind it, and how to tell if there is real resistance at the end of the wind?

How to wind it. When you wind a ladies antique wrist watch, hold the watch in the left hand and use the right index finger and thumb on the winding stem. The only direction that is actually winding it is the forward direction. The backward direction is available on many watches only for the purpose of resetting your thumb to be in the right position to wind forward again. So, is it right to wind forward? or both forward and back? Either way is fine.

How much should you wind a watch? Wind it up all the way to the point at which you feel resistance and then stop. If you do not wind it up all the way, it will not keep accurate time (in most cases).

How to tell when there is resistance. Are you having a hard time figuring out if that last wind was resistance or not? And you are concerned about overwinding it? A good way to figure out when to stop winding, is to hold it close to the ear as you wind it. You will hear the winding mechanism clicking forward. As you get to the end, you will actually hear that it is finished or you will hear that your thumb just accidentally did not push forward but fell off the winding stem.

## How to Wind a Wrist Watch

This is also a good way to wind when you have those 1920s and 1930s watches that have tiny stems. It is a little difficult to hold onto those tiny stems because some of them do not stick out very far, so holding it by your ear tells you whether or not you are actually winding it or if you just think you are winding it.

How often should you wind it? It is important to wind a watch at least once a week. And, of course, you would not expect it to keep running for a whole week but it will keep the mechanism healthy. Many of you have platinum and diamond watches and do not wear them everyday. That is fine. But you must wind them up at least once or twice a week to keep them in good running order for the year. I wind on Wednesdays and Sundays in the morning. Not winding them except on rare occasion will cause the oil to get sticky.

When should you wind it? If you are wearing your watch every day, you should allow the watch to completely unwind before you wind it up again. Most ladies wrist watches will run at least 18 hours and many of them will run for 36 hours. Allow them to unwind all the way before rewinding.

Sassy Parke, owner of

How to Make and Tune Wind Chimes.

Sassy Classics Antique Jewelry specializes in womens wrist watches and has a large variety of antique and vintage wrist watches from the early 1900s to the 1970s.

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## **How To Look After Your Watch**

### **By Sintilia Miecevole**

How often have we bought watches and never given it a thought as to how to take care of them? Here's some ideas:

#### Hand-wound watches

With a new watch, wear it every day for at least two weeks. First wind the watch, then set the hands.

Wind slowly and regularly.

Wind daily, if possible, in the morning.

#### Automatic watches

With a new watch, wear it every day for at least two weeks.

## How to Wind a Wrist Watch

First wind the watch, then set the hands.

When winding an automatic, count the number of times you turn the crown. Thirty to forty revolutions guarantee optimum torque.

If you wear your watch every day and take it off at night; there is no reason to wind it by hand.

Setting the date with hand-wound & automatic watches

Never use the rapid-advance feature between 8 p.m. and 3 a.m.

Never wind the hands back beyond 12 midnight.

Special instructions apply to watches with a perpetual calendar like the Romana, the Grande Complication, the Novecento and DaVinci Ref. 1850, GST Automatic Alarm and other models. Please see the operating instructions for watches with these complications.

Quartz watches

Pull out crown to "hands position" if the watch will not be worn for a long period of time. Have the battery checked every two years. Only allow an official IWC agent to change the battery.

Water-resistant watches

Remove water-resistant watches before showering (soap reduces the surface tension of water and allows it to attack seals very effectively)

Have your watch checked at least once annually and have the seals replaced if necessary. If condensation appears on the inside of the glass, take your watch to a watchmaker immediately.

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Check that the crown is screwed in before swimming or bathing.

After swimming in the sea or in water containing chlorine, rinse the watch under running tap water.

Temperature, shocks, magnetic fields

Avoid extreme fluctuations of temperature. Avoid extreme shocks and vibrations. Strap the watch firmly to your wrist. Avoid lengthy periods in strong magnetic fields.

Service intervals

On average, every four to five years. Only entrust the watch to an official IWC agent.

## How to Wind a Wrist Watch

Leather straps, glasses

Change the leather strap of a watch that is worn daily every one to one-and-a-half years. Scratches on Plexiglas can be removed by polishing, sapphire glass is scratch-resistant. Have new glass fitted immediately if the glass is cracked.

Enjoy your watch!

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