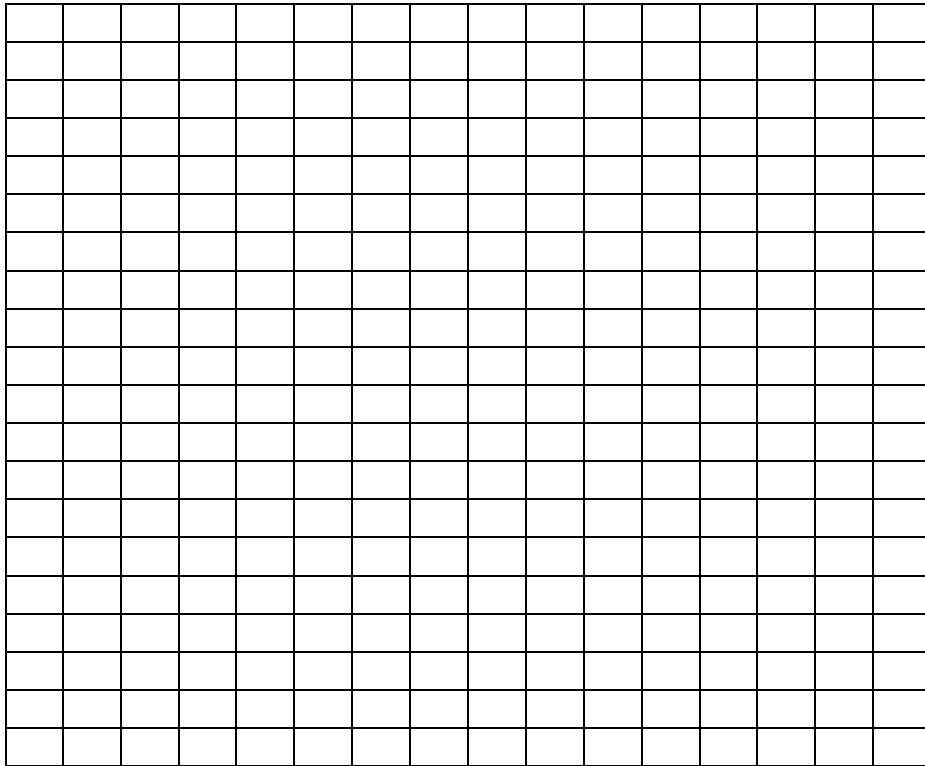


Amsler Grid

An Amsler grid is a chart you can use at home to check your vision. Use the grid daily as directed by your eye doctor. Please post this grid in an area where it will be easy and convenient for you to use on a regular basis. If you notice any vision changes contact our office as soon as possible.



Instructions for use:

1. Use the grid in a well-lit area and wear your reading prescription.
2. Hold the grid at your normal reading distance and cover your left eye.
3. While looking directly at the black dot in the center of the grid with your right eye, notice if any of the lines appear wavy, distorted or missing, or if any of the lines change shape.
4. Repeat these steps with your left eye.
5. If there are any changes on either eye from the previous time you looked at the grid, make a note of where the changes appear.

Call our office immediately if you notice any changes

928-855-5026