



## **AMSLER GRID**

### **DIRECTIONS FOR USE**

*(Under a good light source/wearing reading glasses if any)*

1. Hold the grid approximately one foot from your face and cover one eye.
2. Using the other eye, look directly at the center dot on the grid.
3. Notice if any of the straight lines appear wavy or distorted, or if there are dark or blurred sections of the grid. Use this as a baseline.
4. Repeat with your other eye.
5. If you notice new blurry, dark or distorted sections, contact our office at (731) 664-1994.