



## How To Properly Use the Amsler Grid

### Follow the following steps once a day:

1. If you currently wear reading glasses, ensure they are on and you are in good light.
2. Hold the grid anywhere from 12 - 15 inches from your face.
3. Cover one eye.
4. With your uncovered eye, look directly at the center dot. Be sure to keep your eye focused on the dot.
5. While looking directly at the center dot, notice in your side vision if all grid lines look straight or if any lines or areas look blurry, wavy, dark or blank.
6. Follow the same steps above with your other eye.

If you notice any areas of the grid that appear darker, wavy, blank or blurry, contact us at (718) 798-3030 for a consult.

