

How to Use Your Amsler Grid

- Post the Amsler grid in an easy-to-see place.
- Stand about a foot away from the Amsler grid.
- Wearing your glasses, cover or close one eye and focus on the black dot in the center.
- Note any vision changes such as black spots or wavy lines.
- Repeat the above steps with the other eye.
- Call your doctor promptly if you notice any changes.

