Amsler Grid

Instructions:

1. Attach this grid to a flat surface, such as a wall or refrigerator.
2. Stand at arm’s length from the grid.
3. Put your glasses on, if you normally wear glasses.
4. Cover one eye.
5. Focus on the dot at the center of the chart, with the other eye.
6. If any lines appear wavy or distorted, or are missing, take note.
7. Repeat the procedure for the other eye.
8. If you noted any lines appearing wavy, distorted, or are missing contact your eye care professional.