USE OF THE AMSLER GRID

Proper use of this grid will enable you to detect very subtle changes in your vision. To perform the test properly, wear the glasses you normally use for reading. If you wear bifocals, use the reading portion of the lens. Hold the Amsler grid 12” to 14” (comfortable reading distance) away from you with one hand. With the other hand, cover one eye. With the uncovered eye, look at the center dot. While you are fixing on that dot, you should be able to see the four corners of the square. You should also be able to see that the large square is composed of many smaller squares.

The first day you observe the grid, mark with a pencil any areas of distortion, any gray or blurry spots, or any blank spots. This will be your baseline pattern. Each and every morning thereafter, look at the center of the Amsler grid. If you ever notice any new areas of lines, or enlargement of any blank spots, please call your general ophthalmologist or our office. Your evaluation will probably include a retinal examination and eye photography to determine whether your new symptoms may be treatable.

If you have questions regarding the use of this grid, please do not hesitate to call our office. Phone #: 919-782-8038