

Retina Eye Care, P.C.
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Amsler Grid

Directions:

1. Set an alarm for 8AM (or a time you choose) and do this every day. It will only take a few seconds. This is the most commonly neglected task that may save your vision in the future.
2. If you wear reading glasses, put them on. Look at the dot in the middle.
3. Close your right eye and look with your left eye only.
4. Close your left eye and look with your right eye only.
5. Compare, and ask yourself, Are any of the lines blurry, wavy, or missing?
6. If yes and this is something new, call Dr. Tang to get your retina evaluated.

