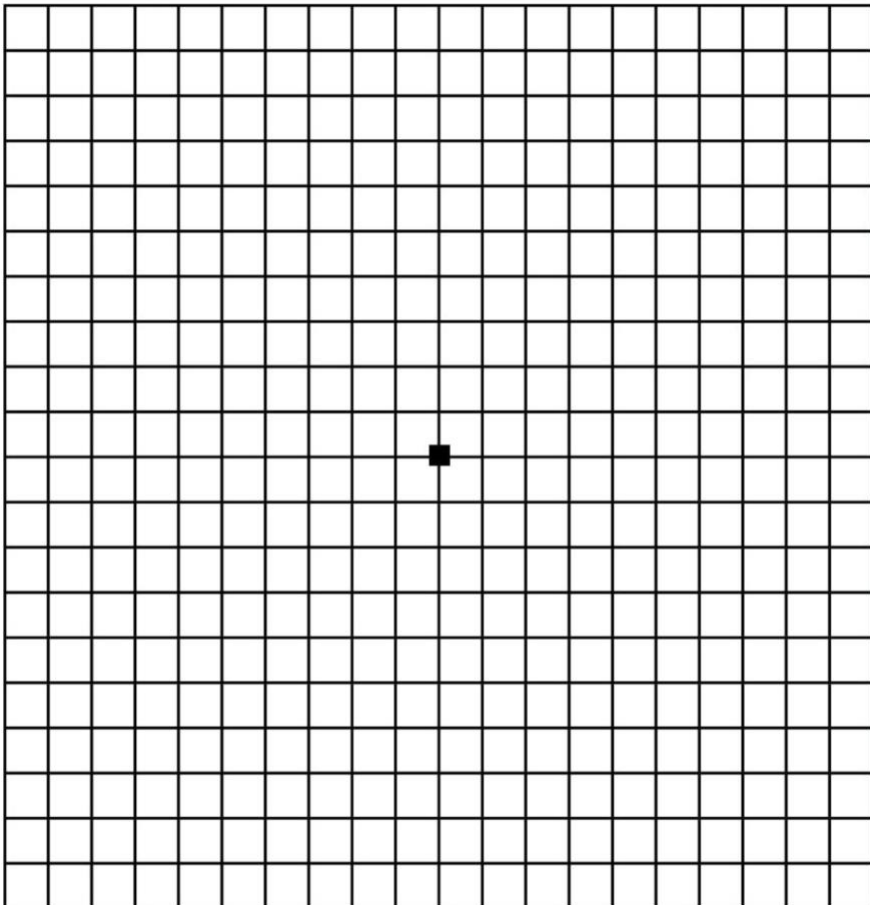




St. Cloud Eye Clinic
COMPREHENSIVE EYE CARE FOR OVER 80 YEARS

How to use the Amsler Grid

1. Wear your reading glasses.
2. Hold the grid 14 inches away from your eye.
3. Cover one eye.
4. Look at the center dot.
5. While looking at the center, (only the center), see if all lines are straight and all the small squares are the same size.
6. If you notice any areas on the grid that become distorted, blurred, discolored, or corners missing, **PLEASE CALL 320-251-1432.**
7. Do this for each eye once a week. (Sunday)



Recommended Eye

Vitamins

Take according to the directions on the bottle.

