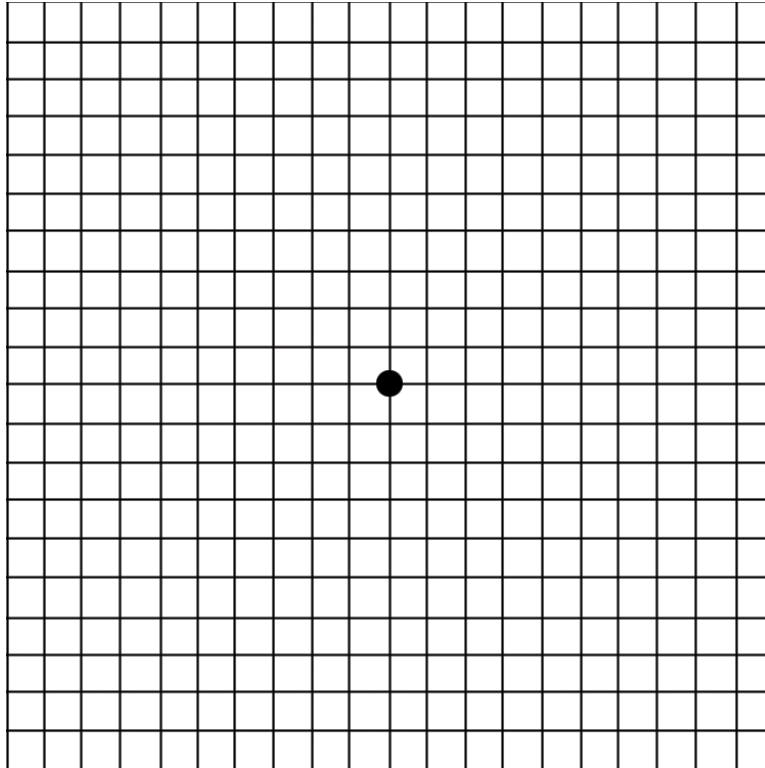


Piedmont Eye Center

116 Nationwide Drive, Lynchburg, VA 24502
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AMSLER RECORDING CHART & INSTRUCTIONS



Check your central visual field in each eye daily by following the instructions below:

- 1.) Place the Amsler Grid Chart on a wall, or another suitable place (i.e. refrigerator or bathroom mirror) at eye level.
- 2.) Stand 14-16 inches away from the chart (approximately the distance from your elbow to your wrist) with your glasses on for near vision, or look through the bifocal portion of your lens. Alternately cover each eye and check to be sure that all of the lines on the grid remain straight and parallel while focusing steadily on the dot in the center of the grid.
- 3.) If the Amsler grid pattern changes, making the lines appear to be curvy, wavy, blackened, or missing, this may indicate a problem. In the case that this occurs, it is very important that you call our office immediately so we can further evaluate the condition of your eyes.