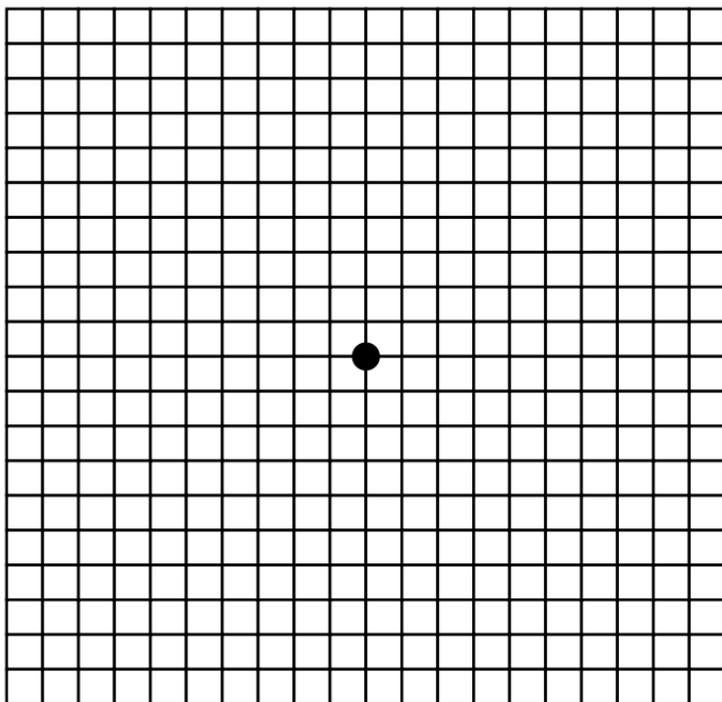


Amsler grid

www.RCOklahoma.com



- Test yourself once a week. Test each eye separately.
- Hold the grid at a distance of 14 inches. Cover the other eye.
- Look at the dot in the center of the grid.
- Memorize how the grid looks for each eye.
- If lines start to become wavy that were not wavy before, or if boxes start to go missing, call Dr. Dahr's office.



Retina Center of Oklahoma
Sam S. Dahr, M.D.
Phone: (405) 713-4410

Go to our website: www.RCOklahoma.com
and click on "Resources" for updates on retinal diseases.

Eye-Advice from Dr. Dahr

Eye vitamins

You do not need to take Eye Vitamins unless Dr. Dahr tells you you have intermediate dry macular degeneration in one or both eyes. If that is the case, we recommend Bausch and Lomb AREDS-2 or Icaps AREDS-2. Take the AREDS-2 formulation, not AREDS-1.

In terms of nutrition for your eyes, eat 5-7 servings a week of dark leafy greens (broccoli, spinach, green beans, kale, etc.) and if possible 1-2 servings a week of baked or broiled fish (salmon, halibut, haddock, cod, trout, etc. Shrimp does not count). You do NOT need to take omega-3 supplements for your eyes. AVOID TOBACCO or VAPING—those are bad for your eyes. Medical marijuana does not benefit your eyes, even if you have glaucoma.

Tips for irritated eyes, occasional eye pain and discomfort, and blurry vision that comes and goes

Hot compresses should be applied with mild pressure and massage to the upper and lower eyelids of both eyes for 2-5 minutes. A clean washcloth can be used for this purpose. Do not scald the eyelids by mistake—watch the temperature of the washcloth.

The eyelashes can be cleaned with a self-made dilute solution of water and Johnson's Baby Shampoo. Alternatively, one can buy Ocusoft Eyelid Scrubs from CVS or Walgreens that make it very easy to maintain clean eyelids.

Pollen is common in Oklahoma and can irritate the eyes. Try a course of over the counter Alaway drops—use two to three times a day as needed, often for 1-2 weeks.

Also use moisturizing eye drops. It's trial and error as to which one works best for you. Try different brands until you find one you like. Some good brands include:

Thera Tears

Systane Balance

Refresh

Optive

GenTeal Gel

Remember to use any of these drops at least 1 hour separate from any glaucoma drops or other prescription drops that have been prescribed to you, or else they can wash each other out.