



How to care for your eyes after an **ASA**
(Advanced Surface Ablation) procedure



Excellence in Ophthalmic Care

After Your Procedure

- Shortly after the procedure, you will experience some burning, tearing, and irritation. This is normal as the cornea heals. Keeping your eyes closed as much as possible will help your eye to heal.
- Use your eye drop medications as instructed, regardless of how your eyes feel or how well you can see.
- We have provided goggles that you should wear to protect your eyes during sleep. Continue wearing the goggles when you sleep for one week following the procedure.

Precautions

- Do not drive during the first 12 hours following the procedure.
- You may travel by air within 48 hours after ASA. However, you should discuss this with your eye care professional before making plans to fly.
- Do not shower tonight or tomorrow morning, and avoid getting water in your eye for 72 hours.
- Do not jog or work out during the first 72 hours after ASA.
- Do not use eye makeup, lotion or sunscreen for one week following the procedure.
- Avoid water sports (swimming, hot tubs, lake water) for two weeks.

- Do not rub your eyes for one month after ASA.
- Protect your eyes with safety glasses for contact sports and at work, if indicated.
- Please call if you have any questions or concerns.

If you experience:

- Significant pain
- Excessive irritation or redness
- Shadowed vision

Call **(843) 881-EYES (3937)** and the operator will page the ophthalmologist if it is after hours.

Your New Vision

Most patients achieve functional (not perfect) vision within 3 to 5 days after surgery.

Do not be alarmed if your vision is not 20/20 right away. It is common for vision to be foggy or hazy until the swelling subsides and the cornea heals, and many patients report that their vision fluctuates during the healing process. This fluctuation generally lasts for 4 to 6 weeks, but may take longer to stabilize.

Don't Forget to Keep Your Follow-Up Appointments!

You have appointments to return to our office:

- the day after surgery
- 3 days after surgery
- 10 days after surgery
- 2 months after surgery
- 6 months after surgery

Medication Instructions

Zymar Antibiotic Drops Shake well.

For 1 week:

- 1 drop - 4 times a day

FML Steroid Drops Shake well.

Use:

- one drop - 4 times a day
- until the doctor changes this schedule

Tetracaine Pain Medication

- 1 drop - every 2 hours as needed for pain
- no more than 6 drops in an 8 hour period

Refresh Plus Tears Lubricating Drops

Day 1:

- 1 drop - every hour while awake
(more often, if needed)

Day 2 thru 30:

- 1 drop - 6-8 times per day

AFTER THE FIRST WEEK, these are acceptable substitutes for Refresh Plus Tears:

- Bion Tears
- Systane
- Genteal Gel
- Optive
- Blink
- Refresh PM
- Tears Again Gel
- Theratear gel drops

NOTE: When using more than one type of drop at a time, allow at least 5 minutes between them. This will prevent one drop from washing out the previous drop.

KERRY SOLOMON, M.D.



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