

ASA (ADVANCED SURGERY ABLATION) SURGERY INSTRUCTIONS

Before your procedure

1. Take 500 mg of vitamin C twice a day for 1 week.
2. Take 600mg Ibuprofen twice a day for 3 days.
3. Begin eyelid scrubs 3 days prior to your procedure. Place a hot compress on your closed lid for 1-2 minutes. Use Ocusoft lid scrubs or dilute baby shampoo with water. Close your eyes and gently scrub your eyelashes and eyelid margin. Rinse with water.
4. Continue taking all your regular medications unless instructed otherwise.
5. No make-up or earrings the day of the procedure. No perfume, cologne, hairspray or gel.
6. You may eat a light meal before your procedure.
7. Wear comfortable clothing and bring a sweater or sweatshirt.
8. Anticipate being at the office for at least 2 hours.
9. You will need a driver to take you home.
10. You will need to allow 5-7 days for your vision to recuperate after ASA.

After your procedure

1. Take 500 mg of Vitamin C twice daily for two weeks after your procedure.
2. There may be moderate discomfort for the first 24-72 hours. Report any excessive pain without delay.
3. It is very important to keep your eyes closed for the remainder of the day after ASA.
4. Sleep in the protective shields for seven nights following the procedure.
5. Do not rub your eyes for ONE MONTH after ASA.
6. You may take a shower or tub bath, but avoid getting water in the operated eye for 72 hours.
7. Avoid water sports for two weeks.
8. You may jog or work out after 72 hours.
9. Please consult with your doctor about the timing for resumption of special work or contact sports.
10. No eye make-up for one week following the procedure.

Medication Instructions

Follow these instructions unless otherwise instructed: Shake the bottle before using.

Combination drop: _____ (contains the antibiotic, steroid and anti-inflammatory medication) _____ x day until your physician tells you to stop.

Antibiotic: _____ 1 drop _____ x a day until your physician tells you to stop.

Steroid: _____ 1 drop _____ x a day until your physician tells you to stop.

Anti-inflammatory: _____ 1 drop _____ x a day for 5 days after surgery.

Vitamin C: 500mg twice a day for two weeks total.

Preservative Free Lubrication artificial tears after your surgery

Use only Preservative-Free Tears in the operated eye at least every hour until bedtime. Reduce the frequency to 6-8 times per day for the next month or more.

To avoid washing out the previously applied drops, it is best to separate the drops by at least one minute.

Pain Medication

Percocet: One tablet every 4 hours for pain if needed.

Ambien: One tablet at bedtime for sleep as needed.

Occasionally we may give you an Rx for Gabapentin: One tablet by mouth night before surgery, one tablet every 12 hours day of surgery, one tablet every 8 hours for 3 days after surgery.

Healing Tips

You will experience burning, tearing, scratchy, irritated eyes within 30 minutes after the procedure. This is normal. It is also normal to have discomfort until your cornea heals. It is best to keep your eyes closed as much as possible for the first day after surgery. Most patients achieve functional vision within 3-5 days after surgery. It is common to have foggy or hazy vision until the cornea heals and the swelling subsides.

Emergency Number

If you have an emergency after business hours or on the weekend, please call our 24 hour emergency number at 954-977-8770.