

OPHTHALMOLOGY CONSULTANTS
THE CENTER FOR LASIK

ASA SURGERY INSTRUCTIONS

BEFORE YOUR PROCEDURE

1. Take 500mg of Vitamin C twice daily before your procedure for one week.
2. Take 600mg Ibuprofen 2 times each day for 3 days before your procedure.
3. We will provide you with a bottle of Vigamox/ Zymar. On the day before your procedure, you should use this 4 times throughout the day.
4. Begin eyelid scrubs 3 days prior to the procedure (once per day). Place a hot compress on your closed lids for 1-2 mins. Then place a small drop of baby shampoo in the palm of your hand and dilute with warm water. Close your eyes and gently scrub your eyelashes and eyelids using your fingertips and the diluted baby shampoo. Rinse with water.
5. Continue taking all of your regular medications unless specifically instructed otherwise.
6. Remove all make-up and earrings the day of the procedure. No perfume, cologne, hairspray or hair gel, please.
7. You may eat a light meal before your procedure.
8. Wear comfortable clothing (no shorts) and lowheeled shoes. Bring a sweater or sweatshirt.
9. Anticipate being at our office for two hours.
10. You will need to arrange for a driver to take you home after the procedure.
11. You will need to allow 5-7 days for your vision to recuperate following ASA.



“... and then I said YES!”

AFTER YOUR PROCEDURE

1. Take 500mg 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(s) for 72 hours.
7. Avoid water sports (swimming, hot tubs, lake water) 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.
11. Flying is permitted within 48 hours after laser vision correction. However, we suggest you discuss this with your doctor.

Our 24-Hour Help Line is 954.977.8770

Please call Dr. Gailitis or Dr. Burks with any questions or concerns you have following your surgery.

MEDICATION INSTRUCTIONS

Vigamox/Zymar: Use one drop 4 times per day until the bandage contact lens is removed. Bring this bottle with you on the day of your surgery.

Prednisolone Acetate 1%: Shake well. Use one drop 4 times per day until changed by your doctor.

Voltaren/Acular: Start one drop 4 times per day. Maintain this regimen until changed by your doctor.

Vitamin C: 500mg twice daily for two weeks.

Ibuprofen: 600mg 2 times each day for 3 days.

Lubricating Drops

Preservative-Free Tears (twist-off vial): Use every hour while awake for the first 24 hours. After the first 24 hours, reduce to 4-6 times per day for the next month. Use only preservative-free artificial tears for the first week. After the first week, preserved tears in a screw-top bottle are acceptable. Our favorite brands of tears are Bion Tears, TheraTears, Refresh, Refresh Plus, Systane, Genteal Gel and Tears Again Gel.

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 if needed.

HEALING TIPS

You may 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 reepithelializes. It is helpful to keep your eyes closed as much as possible for the first day after surgery.

Wear the dark glasses we provide all waking hours the first day, even indoors. Remove them only to instill your drops.

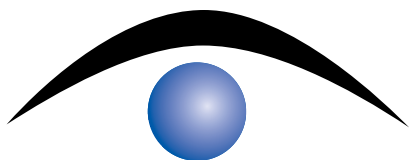
Use your drops as prescribed regardless of how your eyes feel or how you see! It is OK to use the nonpreserved, twist-off artificial tears more than once per hour for the first day or two.

Most patients achieve functional vision (not perfect vision) within 3-5 days after surgery. It is common to have foggy or hazy vision until the swelling subsides and the cornea reepithelializes. It is also common to have fluctuation in your vision after laser vision correction. This fluctuation in vision generally subsides within 4-7 weeks from your surgery date but may take longer in some individuals.

Please call if you have any questions or concerns.

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