

After Your ASA Treatment

- **RELAX!** Plan to take it easy for the next two or three days. Try to sleep as much as possible.
- You may experience the following **NORMAL** sensations after your treatment:
 - **Pain/Burning** – usually occurs within the first 72 hours. This may feel like sand in your eye.
 - **Tearing** – Your eye will probably tear for up to a couple of days. This is normal. Remember to dab away tears gently.
 - **Redness**– the white part of your eye may be red. This will gradually resolve.
 - **Red/Swollen Eyelids** – Your lid may be slightly red or swollen for the first 72 hours.
 - **Blurred Vision** – Expect your vision to be blurry for at least one week, this will gradually clear. During the first few weeks, your vision may fluctuate throughout the day. Make plans to go back to work 5 to 7 days after the procedure.
 - **Ghosting/Glare/Light Sensitivity** – for the first few weeks. This should not interfere with your daily activities. A good pair of sunglasses will help during the day.
- Avoid exercise, yard work and heavy housework for 1 week.
- Use care when showering. Water, soap or shampoo should not get into the eye during the first week. If it does please use drops and do not rub. No swimming, hot tub or Jacuzzi for one week after surgery.
- Be extremely careful when applying makeup. It is advisable to avoid eyeliner and mascara for 1-week after treatment.
- IF YOU EXPERIENCE ANY SYMPTOMS THAT CONCERN YOU, PLEASE CALL OUR OFFICE AS SOON AS POSSIBLE AT **305-461-2400**.
- USE THE FOLLOWING MEDICATIONS AS DIRECTED:
 - Cold compresses:** start using them as soon as you get home. They help decrease pain and swelling.
 - Antibiotic (Zymar):** one drop to the treated eye 4 times a day (breakfast, lunch, dinner, bedtime) until the drops run out (around one week).
 - Anti-Inflammatory (Pred Forte):** 8 times a day until you come back to see the doctor the next day and instructed otherwise.
 - Drops with green dot (dilute anesthetic):** one drop to treated eye(s) as needed until finished. Initially they could be used every 5 to 15 minutes until the pain subsides, then every half to one hour if needed. The excessive use (abuse) of these drops might retard the healing of the cornea.
 - Artificial tears:** at least 4 times a day or as much as needed, specially if reading, watching TV or using a computer to keep the eyes well lubricated.
 - Lyrica (75 mg):** one capsule twice a day starting two days prior to surgery.
 - Darvocet:** Take 1 to 2 capsules 4 times a day starting after surgery. (Contraindicated only in patients taking antidepressants)

REMEMBER TO BRING ALL YOUR DROPS WITH YOU TO YOUR FOLLOW-UP APPOINTMENTS.