



The Eye Center of Fort Wayne

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Advanced Surface Ablation Post Operative Instructions

1. You will need a driver on the day of your procedure. If you do not have a driver, the procedure will not be performed. Go home and **rest keeping both eyes gently closed for four (4) hours immediately following the procedure. DO NOT RUB YOUR EYES.** Resting will help your eyes heal faster. Sleep on your back when you rest the first day/night of surgery.
2. Eye Center of Fort Wayne will send you home with a post-op bag containing drops and a drop instruction sheet. **Refer to the instruction sheet and begin your drops immediately after going home.** Before instilling drops, wash your hands and shake the bottles before using.
3. You will have sunglasses placed over your operated eye(s) when you leave the office. You will wear the provided goggles when you close your eyes to rest for four hours. After the four hours, you may remove the goggles; however, you must wear them at bedtime until your bandage contact lenses have been removed.
4. Strenuous physical activity should be limited until Fort Wayne Eye Center has declared you properly healed.
5. DO NOT rub your eyes for one month after the surgery.
6. Try to avoid getting anything in your eyes. Do not wear eye makeup for at least seven days after surgery. Be careful when removing eye makeup to only apply minimal pressure the first few weeks after surgery. You may shower, but be careful not to rub your eyes vigorously if you get soap in them. Please avoid swimming pools, lakes, and Jacuzzis to prevent infection.
7. Vision improvement should be noticeable within a few days after surgery. Most patients are comfortable within six weeks. Vision improvements will be gradual and it may take up to six months to reach your best-uncorrected vision.
8. During the healing process, your vision may fluctuate and one eye may heal faster than the other eye; therefore, your vision may not be exactly equal.
9. If you are over 40 years of age, reading glasses will likely be needed after ASA is performed.
10. You may experience redness of the eyes right after surgery that could last up to 3 weeks following surgery.
11. Vitamin supplements may help your eyes heal more quickly and comfortably. Continue them as directed.
12. Wear your sunglasses inside and outside for the next two days. Fort Wayne Eye Center recommends that you wear sunglasses with UVA protection. You are to wear these sunglasses outside for the next year.

WE HAVE A DOCTOR ON CALL IF YOU NEED ASSISTANCE AFTER CLINICAL HOURS. CALL 260-424-5656.