



WOODHAMS

Laser & Lens Implant Center

www. WoodhamsEye.com

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## Corneal Cross-Linking Post Operative Instructions

### What To Expect

- ✓ Post-procedure pain after CCL varies from patient to patient. The most common complaints are **tearing, runny nose, burning, stinging, scratchiness, mild swelling and redness** of the eye. This discomfort can last for several days but should improve after 24 hours.
- ✓ Your eyes may be sensitive to sunlight for several weeks after surgery. Wearing sunglasses is usually sufficient to relieve any discomfort.
- ✓ Your vision will be somewhat blurry the first 24 hours.

### What To Do

- ✓ It is important that you keep your eyes closed as much as possible for the first four hours after surgery, even during your ride home.
- ✓ Do not remove the clear bandage contact lens.
- ✓ Take the prescribed pain medication with food as soon as possible after surgery. Take your pain medication as directed and regularly for the first 24-48 hours to stay ahead of the pain.
- ✓ You may also take over-the-counter Ibuprofen or Acetaminophen as needed.
- ✓ Now that procedure is over, you should relax and can have something to eat and drink.
- ✓ You may use lubricating eye drops as often as needed to relieve any sensation of scratchiness.
- ✓ Begin your eye drops using the instructions stated below and try to take at least a 2-4 hour nap.
- ✓ You may not drive or operate machinery for the rest of the day.
- ✓ Take the Dalmane sleeping pill at bedtime tonight.
- ✓ You may take a shower tomorrow. Do not get water from public places in your eyes for two weeks (i.e. swimming pools, lakes or hot tubs). You may use eye makeup four days after surgery (purchase new mascara and clean all brushes). You may begin your regular exercise routine tomorrow.
- ✓ Your follow-up appointment is \_\_\_\_\_.
- ✓ Do not rub, scratch or hit your eyes during the healing process.
- ✓ **Contact us immediately if you develop any of the following:** Deep, boring pain in the eye itself; a pus-filled discharge; sudden appearance of dense, floating specks; bright flashes of light; a ‘curtain’ off to the side, or any sudden, dramatic change in visual acuity.

(OVER)

## Eye Drop Instructions

**Wash your hands before use. Wait at least one minute between each drop!**



	Zymar or Vigamox	FML	Lubricant
<b>Today after surgery</b>	NO	NO	As needed
<b>Day after surgery</b>	4x/day (Breakfast, Lunch, Dinner, Bedtime) for 6 days	1x/day until contact bandage lens is removed	As needed
<b>When contact bandage lens is removed by doctor</b>	Continue as directed	USE TAPERING SCHEDULE: 4x/day for 3 days, 3x/day for 3 days, 2x/day for 3 days, 1x/day for 3 days. Then <b>discontinue</b> Pred Forte.	As needed

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