

Corneal Cross-Linking Post-Operative Instructions

Medications:

Prednisolone Acetate 1% ophthalmic suspension

Week 1: One drop two times per day

Week 2: One drop one time per day

4th Generation Fluoroquinolone

Week 1: One drop 3-4 times per day

Eye drop use and instructions

- Wash your hands before putting in drops
- Pull down your lower eyelid and place the drop in the pocket of the eyelid making sure to keep the tip of the bottle away from the eye.
- Wait 3-5 minutes between drops if you are using both drops around the same time.
- You may experience a medicinal taste in the back of your throat after putting in the drops; this is normal.

Instructions:

- Relax for the rest of the day. The medications may make you tired and drowsy. We encourage you to take your eyes closed as much as possible for the remainder of the day to allow for proper healing.
- You will have a bandage contact lens in your eye for 3-7 days after surgery. If the contact lens falls out DO NOT put it back into the eye as this may lead to infection. Please call the office immediately.
- If necessary you may gently dab around the eyelids and lashes while your eyes are closed. Be careful not to apply too much pressure or rub because this might dislodge the contact lens or scratch the eye.
- The eye shields provided are to be worn at night until the contact lenses are removed. They should rest against the cheekbone and not press against the eyelid.
- Do not wear eye makeup until the contact lens is removed and the doctor says it is safe
- You may use artificial tears as much as needed after surgery. We recommend a minimum of 4 times per day.



Normal things to expect after surgery

- Light sensitivity: may be mild to severe and usually lasts from 1-7 days
- Burning / stinging: may be mild to severe and usually lasts for 1-3 days*
- Blurry Vision: may be mild to severe and usually lasts for 1-2 weeks
- Dryness: May take several months to return to normal
- Fluctuating vision: May take several months to return to normal
- Halos around lights: May take several months to return to normal

* If you are experiencing pain take 1-2 Tylenol tablets every 4-6 hours as needed.

Activity restrictions/guidelines

- No water in or around the eyes for one week. Including swimming pools, hot tubs, & bathtubs.
- When showering you may wash your face but do not allow water to run into eyes or rub eyes.
- Do not sleep with pets in bed
- No intense physical activity for one week
- No rubbing the eyes for one month
- Avoid smoky or dusty environments until the contacts are removed
- UV blocking sunglasses are required for 6 months after surgery

If you experience severe eye pain, significant discharge, swelling, or pus please contact us immediately.

If co-managed with your primary eye care provider (PECP) you will need to see both clinics for post-operative visits as seen below:

- One day post op – PECP
- One week post op – PECP
- One month post op – Dougherty Laser Vision (WLV location)
- Two month post op – PECP
- Three month post op – Dougherty Laser Vision (WLV location)
- Four month post op – PECP
- Six month post op – Dougherty Laser Vision (WLV location)
- Nine month post op – PECP
- Twelve month post op – Dougherty Laser Vision (WLV location)

If you have any questions or concerns please do not hesitate to call our office at 805.987.5300

9100 Wilshire Blvd. Ste. 265E
Beverly Hills, CA 90212

4353 Park Terrace Dr. Ste. 150
Westlake Village, CA 91361

1877 E. Daily Dr. Ste. D-1
Camarillo, CA 93010