

## **INSTRUCTIONS AFTER CROSS-LINKING**

It is extremely important for your smooth recovery that you carefully follow your doctor's instructions. Call the office should any concerns arise at (805) 987-5300.

### **UPON ARRIVAL HOME**

- Relax for the rest of the day. The medications will make you tired. We also encourage taking it as easy as possible for the first 3-4 days after surgery; minimize the use of computers and reading to help the eyes heal.
- You will have a bandage contact lens in your eye to promote healing for the first 4-7 days after surgery. **If one of the contact lenses falls out, do not put it back in the eye** – this could lead to infection. Please call our office at once during regular business hours for instructions.

### **EYE CARE AND MEDICATIONS**

- If necessary, you may gently dab-dry the eyelids and lashes with your eyes closed. Be careful not to apply too much pressure - that could dislodge the contact lens.
- If your eyes itch, notify your eye doctor during the post-operative visit and a medication will be prescribed.
- You will receive a post-operative bag the day of surgery that will include protective shields.
- Wear the eye shields provided at bedtime (or when lying down) for 1 week or until the contact lens is removed. They should rest against the bones of the brow and cheek and not the eyelid.
- Do not wear eye make-up (mascara, eyeliner) until the bandage contact lens comes out.
- You will use the following eye drops in the treated eye(s)

### **WHEN PUTTING IN EYE DROPS**

- Wash your hands before putting in the drops.
- Pull down your lower lid and place the drop in the pocket of the eyelid, holding the bottle tip away from the eye.
- Wait 1-2 minutes between each drop. The order that the drops are put in does not matter.
- You may experience a medicinal taste in the back of your throat after putting in drops; this is normal.

### **NORMAL THINGS TO EXPECT AFTER SURGERY**

- It is normal to expect:
  - Light sensitivity and more tearing than usual.
  - Blurry vision for 4-7 days that continues to fluctuate for up to a few months.
  - A decrease in vision 2-4 days after surgery as the surface cells heal across the center of the eye. This will improve with time.
  - A burning sensation, grittiness, tearing, or pain in the eye that could be severe for the first 24-48 hours days.
  - Dryness of the eyes for up to several months; use of artificial tears will help to alleviate this.
  - Halos around lights at night, which gradually subside over a few months.

- Be careful not to touch the eye with the bottle, as this may dislodge the contact lens.
- Do not use anything in the treated eyes except above medications (unless otherwise directed).
- If you experience mild eye pain, take 2 Tylenol or Advil tablets every 4-6 hours as needed.
- If you experience moderate to severe eye pain following your surgery, you should fill the Vicodin prescription that you have been given and use as directed.

#### **ACTIVITIES AND GENERAL GUIDELINES**

- Avoid getting contaminated water in your eyes for 5 days. This includes water from bathtubs, swimming pools, hot tubs, Jacuzzis, saunas and the ocean.
- When you shower, you may wash your hair and face, keeping your eyes closed while the water is on your face. Dry your eyelids by gently dabbing but do not put pressure on the eyes.
- Do not sleep with pets in your bed for 24 hours after the treatment. Clean linens should have been placed on your bed.
- Light exercise is okay following the treatment, but heavy workouts should be avoided until the contacts are removed to keep sweat out of your eyes.
- Avoid smoky and dusty environments until the contacts are removed (i.e. construction sites, stables, etc.)
- UV blocking sunglasses required when outdoors after surgery for a minimum six months.
- If in doubt about activities you can or cannot do, please call our staff.

IF YOU EXPERIENCE THE FOLLOWING, PLEASE CONTACT OUR OFFICE IMMEDIATELY AT (805) 987-5300.

- SIGNIFICANT DISCHARGE, SWELLING, OR PUS IN THE EYES
- DRAMATIC DECREASE IN VISION

**I have read the post op instructions and had the opportunity to ask questions and have them answered to my satisfaction.**

**Signature of Patient:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature of Witness:** \_\_\_\_\_ **Date:** \_\_\_\_\_

#### **One DAY Post-Op**

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Doctor:** \_\_\_\_\_

**You need to return the day after surgery for a mandatory appointment. This appointment cannot be missed.  
Please call us to schedule if you have not already.**

9100 Wilshire Blvd Suite 265 E  
Beverly Hills, CA 90212  
(323) 466-7337

1821 E Daily Dr  
Camarillo, CA 93010  
(805) 987-5300

4353 Park Terrace Suite 150  
Westlake Village, CA 91364  
(805) 987-5300

## Crosslinking Post-Operative Drop Instructions

Please bring all post-operative drops to your surgery and post ops for review.

### Individual Drops – to be filled and provided by your Pharmacy

**\*\*You must pick up all 3 drops from your pharmacy prior to Crosslinking surgery\*\***

**\*\*Apply drops 2 minutes apart\*\***

#### 1. Drop name – Moxifloxacin or Ofloxacin or Besivance

Cap color – Tan

**Instructions:** Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

- ☐ Week #1 – apply 1 drop 3 times per day in the eye(s) that had surgery. Then discontinue.



#### 2. Drop Name – Diclofenac or Ketorolac or Prolensa

Cap color – Grey

**Instructions:** Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

- ☐ Day #1 – use 1 drop 3 times per day in the eye(s) that had surgery.
- ☐ Day #2 – use 1 drop 3 times per day in the eye(s) that had surgery. Then discontinue.

**\*\*if you have Prolensa, apply 1 drop in the surgery eye(s) for 2 days, then discontinue**



#### 3. Drop Name – Lotemax Gel or Prednisolone Acetate

Cap color – Pink or white

**Instructions:** Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

- ☐ Week #1 – apply 1 drop 2 times per day in the eye(s) that had surgery. SHAKE BOTTLE.
- ☐ Week #2 – apply 1 drop 1 time per day in the eye(s) that had surgery. SHAKE BOTTLE. Then discontinue.



**\*If you have new pain or a sudden decrease in vision please call DLV Vision at 805-987-5300 or your co-managing optometrist\***



www.doughertylaservision.com

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

**Camarillo**  
1821 E Daily Dr.  
Camarillo, CA 93010

**Simi Valley**  
2796 Sycamore Dr. Ste. 101  
Simi Valley, CA 93065

**Encino**  
16130 Ventura Blvd. Ste. 120  
Encino, CA 91436

**Newbury Park**  
1000 Newbury Rd Ste. 220,  
Thousand Oaks, CA 91320

**Ventura**  
5682 Telephone Rd. Ste.1  
Ventura, CA 93003

## Directory

Thank you for choosing DLV Vision. Congratulations on taking the next steps to improve your vision! We are honored to be able to help assist you along in this journey. We understand you may have some questions regarding your surgery or treatment and may need assistance. Please reference the below directory to ensure we are better able to assist you with your questions.

### Have Questions about your Fees/ Surgery Type/ Lens Package? Call your Patient Counselor:

Patient Counselor	Email	Phone Number + Extension
Christina Cox	CCox@DoughertyLaserVision.com	(805) 987-5300 ext. 1089
Crystal Segura	CSegura@DoughertyLaserVision.com	(805) 987-5300 ext. 1027
Dana Batista	DBatista@DoughertyLaserVision.com	(805) 987-5300 ext. 1026
Diana Andre	DAndre@DoughertyLaserVision.com	(805) 987-5300 ext. 1093
Hilary Brown	HBrown@DoughertyLaserVision.com	(805) 987-5300 ext. 1010
Lucy Aguayo	Lucy@DoughertyLaserVision.com	(805) 987-5300 ext. 7004
Ryanne Mora	RMora@DoughertyLaserVision.com	(805) 987-5300 ext. 1031

### Have Questions about Surgery Instructions, to Change or Re-schedule Surgery – Surgery Coordinator

Jennifer Recinos	JRecinos@DoughertyLaserVision.com	(805) 987-5300 ext. 1019
Deborah Haros	DHaros@DoughertyLaserVision.com	(805) 987-5300 ext. 1016
Tina Villa	CVilla@DoughertyLaserVision.com	(805) 987-5300 ext. 1012

### Questions about Insurance Benefits: Billing Department

Billing Department	Billing@DoughertyLaserVision.com	(805) 987-5300 ext. 1003
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### Feedback/ Complaints/ Suggestions: Manager

Kristin Michel	KMichel@DoughertyLaserVision.com	(805) 987-5300 ext. 2013
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