

Collagen Crosslinking with Riboflavin (CXL)

Postoperative Care Instructions
please read carefully



24 HOUR EMERGENCY HELPLINE

01342 306020

PLEASE READ THIS DOCUMENT CAREFULLY

Guidance is provided on how to take care of yourself following your procedure. Common questions are also answered.

GENERAL ADVICE

Take a nap

We suggest you try and get some sleep for FOUR hours after the procedure. Having surgery can be quite stressful and best to get some rest afterwards. We also find patients who rest do recover more quickly. As the surface mucous lining of your cornea needs to heal back, it is best that you keep your eyes closed as much as possible.

COMMON SYMPTOMS

- Marked discomfort for 24 to 72 hours
- Blurry or misty Vision
- Sensitivity to Light

PAIN CONTROL

- Use the anaesthetic drop provided if you find the pain unbearable
- **Paracetamol** 2 Tablets every 4 to 6 hours for pain and/or **Ibuprofen** 400mg every 4 to 6 hours

If the above does not help, then take:

Co-Codamol 2 tablets every 4 to 6 hours

INSTEAD of Paracetamol

You MUST NOT take both Co-Codamol and Paracetamol (Co-Codamol contains Paracetamol)

DO's and DON'Ts

DO NOT



- Rub your eyes
 - Allow water to enter your operated eye for 48 hours
-

DO



- Take your drops regularly
 - Wear your protective eye shields at bedtime while you have a contact lens in place
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EYE DROPS

- Keep the eye drops within the Centre for Sight toiletry bag provided.
- Discard the eye drops after 1 month.
- Administer the drops as instructed on the table below.

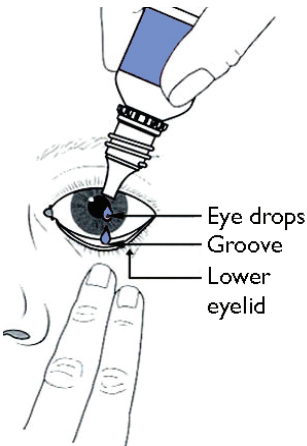
How to use your eye drops


- Wash your hands before and after you apply your drops
- Sit or lie down comfortably with your head tilted backwards looking at the ceiling.
- Gently pull down the lower lid with one finger to form a sac.
- Holding the eye drops in your other hand, bring the dropper close to the eye and squeeze one drop into the sac.
- Close the eye for 5 minutes and blot excess solution with a clean tissue.

Replace the dropper cap immediately after use.

Do not put all drops in at once. Use one drop at a time and close your eyes for 5 minutes by the clock before applying the next drop.

For all drops except artificial tears, you must close your eyes for 5 minutes. This is the only way drops are going to be reliably absorbed into the eye.



MEDICATION	Breakfast	Lunch	Dinner	Bedtime	Comment
CHLORAMPHENICOL *Keep refrigerated (Drop packaging may vary) 	✓	✓	✓	✓	Stop after one week

FOLLOW-UP

You will have been given a follow-up appointment before leaving. Patients who have had CXL are typically seen about 4 or 5 days following their procedure. If you are not being seen the next day, a member of staff from Centre for Sight will contact you the following day to find out about your progress.

STICKY LASHES

If your eyelashes become sticky or have accumulated material, you may clean them by using a cotton bud soaked in warm boiled water. Close one eye and gently and repetitively wipe the lashes with the moist cotton bud away from the eyelid.

PROBLEMS

Problems are rare, however in the event you have any of the following:

- **Redness**
- **Sensitivity to light**
- **Vision loss or reduction**
- **Pain**

please contact Centre for Sight right away on **01342 306020**

COMMON QUESTIONS

Q. How soon can I expect to have good vision ?

The goal of CXL is to stabilise your cornea and prevent any further progression of keratoconus.

After about 5 days and when your contact lenses are removed, you will find that your vision will return to a similar level as before the procedure. Often after a few months, patients report a slight improvement in vision over their baseline.

Q. How long should I remain off work ?

Usually one or two days. You may return to work as soon as you are comfortable. Make sure you are able to take your eye drops regularly as instructed.

Q. How soon after my procedure may I drive ?

When your vision is clear and you are comfortable. You must be able to read a number plate at 25 meters. Your doctor will advise you if you meet the visual standards for driving.

Q. When can I go swimming ?

After 4 weeks

Q. When can I return to playing sports ?

You may return to all sporting activity after TWO weeks. For contact sports, you are advised to use protective eye glasses. Polycarbonate sports glasses are recommended.

Q. When can I fly ?

There are no restrictions to flying and you are able to fly within a day of surgery.

Q. When may I return to activities such as housework, shopping and gardening?

There are no restrictions and you may return to these activities the following day. You must keep away from smoky and dusty environments and do not forget to wash your hands before using your eye drops.

Q. When can I use eye make-up again ?

Mascara should be avoided for 2 weeks

All other make-up can be used 2 days following surgery.

We trust this information is useful and shall welcome any comments you may have.

If you have any questions, please do not hesitate to contact our helpful staff at the Centre for Sight.

And finally...

ENJOY your vision and

THANK YOU for entrusting us with your care !

The Staff at Centre for Sight

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