

CORNEAL CROSSLINKING POST-OPERATIVE INSTRUCTIONS

Use of Eye Drops:

- **Wash Hands.** DO NOT touch tip of eye dropper or let it touch your eye.
- **SHAKE eye drops** before using. Tilt your head back. Look upward. Pull down on lower lid. Instill the prescribed drop. Gently close your eyes.
- **WAIT at least 3 minutes** in between drops; it does not matter which drop you use first.
- Eye drops may sting or cause temporary blurring of vision; DO NOT squeeze or rub eyes.

Other Notes:

- Ice pack wrapped in cloth placed over closed eyes may help with discomfort.
- You can place eye drops in clean container and place in refrigerator for added comfort.
- Noting the time when you take the medications may help you to remember when to take the next set.

General LASIK Post-op Guidelines:

1. **DO NOT RUB YOUR OPERATIVE EYE;** a bandage contact lens is in place.
2. **DO NOT REMOVE THE CONTACT LENS;** it will be removed for you when your eyes are healed and no longer need it.
3. **If the contact lens falls out, DO NOT reinsert the lens.** If it falls out **AND you are in pain**, call us so it can be replaced. Use the Tetracaine to relieve pain until you see the doctor. If the contact lens falls out and you are **NOT in pain**, continue with your normal medication protocol.
4. **WEAR THE CLEAR SHIELD WHEN SLEEPING.**
5. **NO SMOKING** until the bandage contact lenses are removed.
6. Stay out of smoky, dusty rooms and areas with chemical vapors to avoid eye irritation.
7. Do not engage in any strenuous physical activity the day of surgery.
8. Refer to the **“Recommended Wait Times for Activities”** sheet for more details about when you can resume other normal activities.
9. Your follow-ups must be done at WRNMMC or your local eye clinic 1, 3, 6, and 12 months after surgery.








CONTACTS:

Refractive Surgery Center
Eye Doctor on Duty

M-F, 0730-1600
After-hours Pager

(301) 295-1133
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CCXL POSTOPERATIVE MEDICATIONS

Name / Purpose		Track Medication	After surgery until contact lens removed	After contact lenses removed
Vigamox (Moxifloxacin 0.5% Solution) To protect against infection			1 drop every 4 hrs during waking hours, and before sleep.	Stop, unless otherwise instructed
Fluor-Op/FML (Fluorometholone ophthalmic suspension 0.1% USP) To reduce post-op inflammation			**Shake well ** 1 drop every 4 hrs during waking hours.	Taper as follows: 4x a day for 1 st week 3x a day for 2 nd week 2x a day for 3 rd week 1x a day for 4 th week THEN STOP
Refresh Plus (Carboxymethylcellulose sodium 0.25%) To lubricate and soothe the eye			1 drop every hour	Minimally: 8x a day for 1 st month 6x a day for 2 nd -3 rd months 4x a day for 3 rd -6 th months 2x a day for 6 th -12 th months
Vitamin C 500mg To help with healing			1 Tablet Three (3) times a day	Continue, until finished. 1 month supply
Ibuprofen 800mg To reduce post-op inflammation			1 tablet Two (2) times a day (with food or milk)	Continue, until finished. 1 week supply
Percocet (Oxycodone/Acetaminophen) To reduce post-op pain			Only if needed, 1 tablet every 4 hours (with food or milk)	Stop
Tetracaine 0.5% Solution (Tetracaine HCl) To reduce post-op pain			Only if needed, 1 drop every 2 hours; DO NOT USE more than every 2 hours.	Stop