BRAVERMAN EYE CENTER
Cross-Linking Post-Procedure Care

IT IS OK TO USE ALL DROPS IMMEDIATELY AFTER TREATMENT.
Use the **Theratears or Blink artificial tears** every 2 hrs while awake during the first five (5) days;
but continue frequent lubrication for many weeks.

(A) NSAID drops 2x/day for three days (procedure day and two more days). (Diclofenac)
(B) Antibiotic drops 4x/day till contacts removed. (Ocuflox)
(C) Strong steroid drops 4x/day for three weeks. (Pred Forte/Omni Pred)
(D) Medrol dosepack taken, orally, as directed over six days.
(E) Neurontin 300 mg. 3x/day, orally, for four days.
(F**) Frequent artificial tears**

EYE SHIELDS should be worn to cover and protect the eye for the entire day of the procedure and every night until your bandage contact lens is removed. Do not shower for 24 hours.

You MUST wear UV filtered sunglasses outside for <u>one year</u>. In south Florida, it's a good practice to wear them outside all the time. Wearing a brimmed hat is also advisable. Do not go swimming for at least three weeks.

A small number of patients do experience discomfort. You may take Advil (Ibuprofen, Aleve, Motrin, etc.) if needed. Ice packs directly to the closed lids can help. Use the packs as frequently as needed. **Comfort drops** will also be provided, which are a weak numbing drop. Use the comfort drops as needed. Frequent **_COLD_** non-preserved artificial tears can also soothe your eyes as discussed above.

A bandage contact lens will be inserted into your eye at the end of the procedure. It will protect your eye and significantly reduce the discomfort experienced. The contact lens will be removed from your eyes when the skin has healed, usually 4-6 days after the procedure. If the contact lens falls out, keep your eyes closed until you see the doctor. Do not reinsert the contact lens. You can wear make-up and resume all normal daily activities 48 hours after the bandage contact lens has been removed.

CALL THE OFFICE IMMEDIATELY IF YOU HAVE PAIN OR SUDDEN LOSS OF VISION   954-458-2112