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 one year. 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