

Corneal Crosslinking (CXL) Instruction Sheet

Pain Relief:

- Some people may experience significant pain for 1 – 3 days after crosslinking
- Take regular paracetamol and ibuprofen (no more than 8 of each per day)
 - Combination tablets such as NUROMOL are convenient
- If you have more significant pain take 1 of the prescribed ENDONE tablets up to every 4 hours and no more than 4 per day
- ENDONE may cause drowsiness, nausea and constipation and should only be used for pain not controlled by paracetamol and ibuprofen
- You may use the supplied OXB local anaesthetic drop to help you sleep on the first night if needed
- TEMAZEPAM is a sleeping tablet which can be used to help you sleep for the first few nights if needed

Eye Drops:

- You have 2 bottles of eye drops (OCUFLOX and MAXIDEX). These are to be used as instructed on the attached Eye Drop Instruction sheet for 4 weeks following surgery
- Preservative free artificial tear drops (lubricating eye drop, e.g. hylo-forte) may also be used for dry eye symptoms as needed

Hygiene:

- Always wash and dry your hands prior to instilling your eye drops
- Discharge around your eye may be wiped gently with a clean gauze square or cotton ball moistened with cooled boiled water but do not put pressure on your eye ball
- Avoid soap or shampoo in your eye
- No eye make up for 1 week

Activities:

- **Do not drive** until instructed by Dr Beckingsale
- No swimming for 2 weeks
- Avoid rubbing or bumping your eye
- Other activities may be resumed as soon as you feel able, but try and avoid excessively dusty, dirty or dry conditions for the first 2 weeks

Glasses / Contact Lenses:

- You may find dark glasses helpful for glare but they are not necessary
- You will have a bandage contact lens on your eye initially. This will be removed after 4 to 7 days usually by your local optometrist
- You may go back into your usual contact lenses after 3 weeks

Post-Operative Appointment:

- Your post-operative appointment with Dr Beckingsale will be in 2-3 months after your procedure back at Terrace Eye Centre

Corneal Crosslinking (CXL) Medication Instruction Sheet

You have been prescribed **TWO** different eye drops to use,
ONE strong pain killer & **ONE** sleeping tablet:

OCUFLOX	(Antibiotic)
MAXIDEX	(Anti-Inflammatory)
ENDONE	(Pain Killer)
TEMAZEPAM	(Sleeping Tablet)

- After 4 weeks you do not need to use any more drops
- When instilling the eye drops allow at least 5 minutes between each drop
- You may use an artificial tear drop at any time if your eye is irritated, blurry or dry
- Tick and flick chart on following pages, you may use this to easily track your eye drop schedule

OCUFLOX Eye Drops

- Instil 1 drop into the operated eye 4 times a day starting immediately after surgery and then for a total of 7 days

MAXIDEX Eye Drops:

- Instil 1 drop into the operated eye 4 times a day starting immediately after surgery and then for the first 2 weeks
- The MAXIDEX bottle should be shaken before putting a drop in your eye
- After 2 weeks reduce down to 1 drop 2 times per day for 2 more weeks or until the bottle has run out

Pain Relief:

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 - Combination tablets such as NUROMOL are convenient
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- ENDONE may cause drowsiness, nausea and constipation and should only be used for pain not controlled by paracetamol and ibuprofen
- You may use the supplied OXB local anaesthetic drop to help you sleep on the first night if needed
- TEMAZEPAM is a sleeping tablet which you can use to help you sleep for the first few nights if needed
- You may find an ice pack placed over your closed eye is helpful



If your eye becomes increasingly red, more uncomfortable, painful or the vision becomes worse, please phone Dr Beckingsale immediately on: 0406 533 960

Corneal Crosslinking (CXL) Eye Drop Dosing Schedule

O = OCUFLOX

M = MAXIDEX

Week 1	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Time	O	M	O	M	O	M	O	M	O	M	O	M	O	M
Morning														
Lunch														
Evening														
Bedtime														

Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time	M	M	M	M	M	M	M
Morning							
Lunch							
Evening							
Bedtime							

Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time	M	M	M	M	M	M	M
Morning							
Evening							

Week 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time	M	M	M	M	M	M	M
Morning							
Evening							