

## Corneal Cross-Linking (CXL) Information Sheet

### Following CXL Procedure:

In the first 48-72 hours following the Corneal Cross-Linking procedure I will expect:

- Discomfort and/or pain which can vary in severity from person to person
- Mild sensitivity to light and/or glare
- My eyes to feel gritty, stinging and may water excessively
- Foreign body sensation

I understand my eye will be healing for a few days to weeks and may expect the following symptoms:

- Blurred, fluctuating or distorted vision
- Haloes, difficulty with night vision, and glare
- Mild sensitivity to light and/or glare

### Activities:

- Most patients resume their normal activities within an average of 2 to 4 days.
- **Do not drive** until instructed by Dr Beckingsale
- If you are travelling from out of town for the CXL, you can travel home the next day
- 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

### 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

### Medication:

- You will be provided with prescriptions for 2 Eye Drops & Pain Relief. The eye drops are to be used 4 weeks following your CXL. Detailed instructions regarding the medications will be provided on the day of your procedure.
- You will also be supplied OXB local anaesthetic drop to help you sleep on the first night if needed

### Post-Operative Appointment:

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