

Cornea Crosslinking PTK Patient Instructions

Dear Respected Patient,

Please read this handout on the day you receive it; bring it to all your appointments before and after your surgery, as well as surgery.

Please obtain all your eye drops (with the attached prescription) and artificial tears before the day of surgery. People who are prepared for surgery and take part in their care enjoy a better experience and faster recovery. The information in this handout will help to get you, your family, and your home prepared for surgery.

Thank you for allowing us to help with your care. We wish you a pleasant surgical experience and a quick recovery.

Sincerely,

Clarity Laser Vision Team

Preoperative Instructions

1. Before the day of surgery, arrange to have someone bring you to and from Clarity Laser Vision. You will NOT be allowed to drive yourself home or take a bus.
2. **Hard contact lenses must be stopped 4 weeks before and Soft contact lenses 1 week before the procedure.**
3. Use a towelette to clean around the operative eye the night before and the morning of the surgery. Wash the cleaner off the eye with warm water.
4. Take one tablet of CELEBREX (with food) the night before surgery. Then take one tablet with breakfast, the morning of the surgery. Continue to take one tablet daily with food after your surgery. Celebrex provides inflammation and pain control.
5. There are NO dietary restrictions.
6. There are NO medication restrictions. Please take all your regular medications, as per usual, on the day of your surgery, unless told otherwise by your eye surgeon or family physician.
7. If you are currently using eye drops, please ask your surgeon for specific directions about stopping or continuing these after the surgery.
8. A post-operative kit is provided to you at your procedure, which includes protective sunglasses, skin tape, eye shields, tetracaine freezing drops, a bag for your prescriptions and instructions.

Day of Surgery

What to Bring and Wear to Clarity Laser Vision

- If required, please bring a translator who can stay with you.
- Please wear comfortable clothing. The operating room is temperature controlled and is often cooler than the rest of the clinic, layering is recommended. (e.g. loose pants, top with short sleeves, hoodie or sweater, and low-heeled non-slip shoes).
- Please do not wear loose jewelry.

CLARITY

L A S E R V I S I O N

- Bring your prescription eye drops. Tears are to be started immediately after the surgery.
- Please ensure that your eyes are prepped for surgery (no make-up or false eyelashes). Face cream is acceptable on surgery day.

What to Expect

- Plan to be at Clarity Laser Vision for 2-3 hours.
- Some testing may need to be repeated.
- Preoperatively the nurse will ask you some questions, check your vitals, and get you prepped with a hair cover and surgical shoe covers.
- You will be in the operating room between 20-30 minutes.

After Surgery

- Your vision will be blurry for at least 1-2 weeks. It is normal to experience vision fluctuation for up to 3-6 months.
- The nurse will check your vitals again before you are able to go home. You are discharged home when you are alert and stable.
- Please take 1 tablet of TYLENOL #3 every 4-6 hours as needed while awake.
- TETRACAINE (freezing drops) may be used every hour as needed to help with discomfort. One drop will freeze your eye for an hour. Using it more frequently will not be beneficial.
- You may find that you will sleep a lot over the next 24 hours. This aids in promoting proper healing of the eye, however, please do not forget about your post-surgery eye drops.
- You may experience discomfort, burning, itching, watering eyes, runny nose, and the feeling that something is in your eye for 3 or 4 days after surgery. It is important not to rub your eye. Use the eye shields or the sunglasses during the day if you are tempted to rub or scratch at your eyes.
- It is common to be sensitive to light or to see starbursts or halos for 1 to 3 weeks.
- Dr. Al-Ghoul has placed a bandage contact lens in your operated eye(s). The contact lens will remain in the eye for 1 week.

Warning: If at any time after the surgery your bandage contact lens falls out contact Clarity Laser Vision Centre immediately at (403) 640-0400. DO NOT WAIT UNTIL YOUR NEXT APPOINTMENT.

If it is after Clarity Laser Vision hours, please call Dr. Al-Ghoul's emergency line (given on your discharge form after surgery). Alternatively, you may contact the Rockyview General Hospital at 403-943-3000, press 2, and ask for the on-call Ophthalmologist.

Postoperative Instructions



VIGAMOX
(Moxifloxacin)



PRED FORTE
(Prednisolone)



**PRESERVATIVE
FREE TEARS**



TETRACAINE

Drop Schedule	WEEK 1	WEEK 2	WEEK 3	WEEK 4
VIGAMOX	4 TIMES PER DAY	STOP VIGAMOX		
PRED FORTE	4 TIMES PER DAY	3 TIMES PER DAY	2 TIMES PER DAY	1 TIME PER DAY
Non-Preservative Artificial Tears	1 DROP EVERY 15 MIN WHILE AWAKE	4 TIMES PER DAY	4 TIMES PER DAY	4 TIMES PER DAY
TETRACAINE	<ol style="list-style-type: none"> 1 drop every 20 minutes while awake to numb the eye and ease discomfort Do not use more than one drop at a time Please recap and reuse If you have no discomfort after day 3 you can stop using Tetracaine 			
TYLENOL NO.3 WITH CODEINE	1. Take 1 tablet 4 x per day for 5 days as needed			
CELEBREX	1. 1 time per day until complete			

A cold pack (wrapped in a towel) may also be placed over the eye for 5 minutes, then off for 10 minutes. This ice pack rotation can be continued throughout recovery to help with discomfort.

*When using two or more eye medications, always wait 5 minutes between each set of drops.

Activity After Surgery

- No driving for 1 weeks or as stated by your eye surgeon. Your depth perception is altered, and vision has changed so objects may now appear further, or closer than they actually are.
- Avoid rubbing the eye and protect the eye from dust particles for 1 weeks.
- **DO NOT ALLOW ANY WATER IN THE EYE FOR 1 WEEK.** . Hair may be washed by tilting your head back in the shower and not letting any water touch your face.
- Avoid swimming and hot tubs for 3 weeks.
- Avoid eye make-up for 1 week.
- Wear dark glasses to protect from bright light, as the eyes will be light sensitive.
- **Wear a protective eye shield while sleeping for 1 week after the surgery.** This will protect the eye from being rubbed or scratched in your sleep.
- If you have any questions regarding specific activities be sure to ask your doctor.



Please be aware that there is a possibility that your surgical date may be moved or postponed in the event of an emergency surgery that requires your surgeons operating time. Please note that this is an infrequent occurrence, and, if your surgery needs to be moved you will be contacted by Clarity Laser Vision Centre as soon as possible.

Clarity Laser Vision

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