

Corneal Cross-Linking

Post - Procedure Information/Advice

What is Corneal Cross Linking?

It is a treatment performed to treat keratoconus, a condition where the cornea becomes thin and bulges into a cone shape. This change in shape distorts and blurs your vision. This is a day case procedure and usually done under local or general anaesthetic.

Will it be painful afterwards?

There will be a bandage contact lens inserted into your treated eye after the procedure to lessen discomfort/protect the surface of your eye/s. It is normal for the eye to be painful for at least 2-3 days. You will receive numbing eyedrops to take home to help easing your pain. Oral painkillers can also be taken, and you will be advised on the usage and frequency as well as the maximum dose you may have within a 24-hour period.

Typical recovery:

- Discomfort: 2-3 days.
- Haze and blurry vision: 1-2 weeks (sometimes longer).
- Visual recovery: 1-3 months, though stability is usually assessed after 6-12 months.

How to use your eyedrops?

- Wash your hands prior to putting drops in.
- If you find it difficult to open your eyes to have the eyedrops instilled, you or a relative may gently pull down your lower lid to create a 'pocket'.
- The eyedrops can then be instilled directly into the pocket.
- Please use the utmost care not to touch the eye when instilling your drops.
- It is normal for the drops to sting on instillation.

What to expect and how to take care of your eye after Cross - Linking?

You may find that the eyelid on your treated eye becomes 'puffy' following treatment. This is normal and will gradually improve over the next 2-3 days. If your eyelid becomes glued together or sticky, please bathe it with cooled boiled water and a clean tissue or cotton wool pad. Be careful not to touch the eye itself.

Do's and Don'ts:

- It is important not to rub your eyes.
- It is best to go home and rest, eat and drink normally as well as continuing any medication(s) you normally have.
- We strongly recommend that eye make-up be avoided for 1-2 weeks.

- Don't put the bandage contact lens back into your eye if it falls off.
- Don't allow water or soap to get into your eye.
- No swimming or hot tubs/sauna or steam for 6 weeks.

Please note:

- Not to engage in any strenuous activity for the first two weeks.
- We suggest you take the first week days off work/school; you can self-certify for this time. If you require another week off, please speak to your operating consultant during the first follow-up visit.
- Your operated eye is likely to be light sensitive, so wear sunglasses if you find that this helps.

Take-home medication:

We suggest that you start your eyedrops on the day of your procedure, then use it regularly as instructed.

Please instil them in the following order into the operated eye(s):

1. **Antibiotic:** Chloramphenicol 1% PF eye drops - one drop, 4 times a day for 7 days.
2. **Steroid:** Dexamethasone 0.1% PF eye drops - one drop every 2 hours for the first 2 days, then 4 times a day for the following 5 days.
3. **Lubricant:** Hylo Tears 0.1% PF lubricating eyedrops: 1-2 drops four times a day or more if you need.
4. **Cycloplegic:** Cyclopentolate 1% PF one drop 3 times a day for 3 days.

Please wait at least 5 -10 minutes in between the instillation of the eyedrops.

Although it is unlikely that you will develop any complications, beware of the unusual symptoms. If you develop any of the following, please use the contact details below:

- Increasing, unrelieved pain.
- Increased redness.
- Sticky discharge.
- Sudden loss of vision.

Contact details:

Leonora Aldovino - Advanced Ophthalmology Clinical Practitioner or the Emergency Eye Clinic Team: **Telephone number:** 01633-238856; **During weekdays:**

(09.00am - 05.30pm)

Out of Hours/Weekend: On-call doctor through ABUHB switchboard: 01633-234234

For advice - **Email:** EmergencyEyeClinic.abb@wales.nhs.uk

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Mae'r ddogfen hon ar gael yn Gymraeg".**