



**The Leeds
Teaching Hospitals**
NHS Trust

Cross Linking Post Operative Advice

Information for patients



Leeds Centre for
Ophthalmology

What to expect on the day of your surgery:

- Increased watering of the eye.
- Your eye will be sore/prickly/gritty, this may last for a few days. Take over the counter painkillers such as co-codamol if needed, you will also be sent home with a single day dose of local anaesthetic drops to use if required.
- Sensitivity to light (photophobia). Sunglasses and/or sitting in a darkened room may help.
- You will have a bandage contact lens in place on the operated eye. This will stay in place for 1 week when you will be reviewed in clinic.

The morning after your operation:

- Gently remove your eye shield.
- Wash your hands.
- With sterile cotton wool, very gently clean your eye with cool boiled water. Wipe from the nose outwards. If required, you may gently pull down your eyelid to do this.

- Instil your eye drops as prescribed.
- Wash the eye shield with warm soapy water.
- Wear the shield to sleep in, at night for one week.

Drops that may be prescribed:

- **Proxymetacaine** – A local anaesthetic to relieve pain. One drop twice a day for one day.
- **Prednisolone** – Topical steroid to prevent inflammation. One drop four times a day for two weeks.
- **Ofloxacin** – An antibiotic to protect the eye against infection. One drop four times a day for two weeks.
- **Oxyl** – An artificial tear drop to keep the eye lubricated. It is important to keep the bandage lens lubricated with the eye drops in order to allow the epithelium to recover and mature during the weeks after surgery. One drop four times a day for four weeks.

Going forward:

Days 1 – 3

Vision is normally blurred following surgery but should be good enough to get around. It will often deteriorate over the next two days and some pain over these days is common. By day three the vision and discomfort should begin to improve.

Days 4 – 7

The vision begins to improve rapidly. After one week the bandage lens will normally be removed however this may be replaced with a fresh contact lens for another week or two.

For individuals with dry eyes, after the eye drops provided have finished you may find it necessary to continue using artificial tear drops to keep the eye lubricated.

These can be bought over the counter at any pharmacy without a prescription.

Recommended artificial tear drops after corneal cross-linking are:

- Celluvisc
- Refresh Ophthalmic/Refresh Contacts
- Hypromellose
- Liquifilm

You are advised:

- Do not rub, poke or apply pressure to the operated eye.
- Continue to wear eye shield when sleeping for 2 weeks after surgery.
- Avoid strenuous exercise, gardening, heavy lifting for 2 weeks.
- Avoid contact sports and swimming for 4 weeks.
- Avoid dusty/smoky environments.
- Do not wear eye make up for 2 weeks.
- Do not perm/ colour your hair for 2 weeks.
- Aim to be off work for approximately 1 week, dependent on the type of job you do.

- Do not drive until your vision is restored to meet driving standards. We advise you wait until you have had your first outpatient appointment, (follow DVLA guidelines).
- Do not use handkerchiefs to wipe your eye. Use a clean tissue each time.
- Do not take a long-haul flight within the week after surgery.

You can:

- Wash your hair, but with head backwards.
- Shower/bathe as normal, avoid getting soap/ shampoo in the eye.
- Do light housework and shopping.
- Read, watch TV.

Contact us if:

- Your vision deteriorates.
- If you experience severe pain, not relieved by painkillers.
- If you experience new floaters.

- If you develop a sticky green/yellow discharge from the eye.
- If you injure your eye.
- If your contact lens falls out.

Contacts

J25 (for advice within the 24hrs after surgery)

Mon - Fri 07.30 - 18.00hrs

Phone: **0113 206 9125** or **0113 206 4761**

Eye clinic SJUH

Phone: **0113 206 4737**

Eye Casualty

Phone: **0113 206 4566**

Eye Appointments

Phone: **0113 518 1823**

Waiting List Team

Phone **0113 206 5672** or **0113 206 5915**

Out of hours – On call Dr via switchboard

Phone: **0113 243 3144**

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