

INSTRUCTIONS PRIOR TO CROSSLINKING

- Remove ALL eye makeup
- Use OcuSoft lid wipes **night before** & the **day of** surgery
- Shower and wash hair prior to surgery (you can shower the following day)
- Do not wear any perfume, cologne, scented lotions or hairspray
- Continue on regular medication schedule and eat normally
- No caffeine or alcohol 3 hrs. prior to your procedure
- Wear warm comfortable clothing and shoes
- Please remember to **read & sign** your consent forms. Have it filled out and ready when you arrive for your procedure.
- Antibiotic & Steroid drops: **Pick up from pharmacy and BRING with you DAY OF YOUR PROCEDURE for use after treatment**

INSTRUCTIONS AFTER CROSSLINKING

- **DO NOT RUB YOUR EYES**
- Don't make plans after your procedure – **Sleeping and/or resting your eyes will be the best thing after your procedure**
- Use both eye drops as directed:
 - **Vigamox (antibiotic)** – 1 drop 4x daily for 1 week
 - **Prednisolone or Dexamethasone (steroid)** – 1 drop 4x daily for 1 week, then taper as directed over 3 week period: 1 drop 3x daily for week 2, 1 drop 2x daily for week 3 and 1 drop 1x daily for week 4 then discontinue
- Take ADVIL or TYLENOL – Use as directed if needed for discomfort
- No mascara or eyeliner for 1 week
- Keep water out of your eyes for 2 weeks following your procedure
- NO swimming pools, sauna, hot tub or beach for 2 weeks following your procedure
- NO working out for 3 days after your procedure
- Wear sunglasses when outdoors for light sensitivity
- Follow up appointments are very important, we use these appointments to monitor your progress, evaluate and adjust your medications and to also help avoid any problems or complications

Please return for your **1day** post op visit on: _____

Please return for your **1week** post op visit on: _____

IF YOU EXPERIENCE A SUDDEN DECREASE IN VISION OR SEVERE PAIN PLEASE CALL DR. COHEN AT THE OFFICE (561) 981-8400 OR ON HIS CELL PHONE IMMEDIATELY