



# CLEAR SIGHT EYE CENTRE

*Eye Specialists and Surgeons  
Cataract, Glaucoma, Refractive Laser Surgery*

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Provider No 116782K

## **UV CORNEAL COLLAGEN CROSS-LINKING WITH RIBOFLAVIN (VITAMIN B2)**

### ***POST TREATMENT INSTRUCTIONS***

- ❑ A contact lens has been inserted into your eye following your treatment. This is to make the eye more comfortable and to minimise pain, however, you may still experience some pain and/or discomfort.

- ❑ At the onset of pain take: Panadeine 1 or 2 tablets  
These can be repeated 4 hourly as required. (but take care as they can cause constipation)

Prior to going to bed take: Phenergan 25mg (to help you sleep)

As Phenergan can cause drowsiness it is important to rest or go to bed after taking it

If you experience gastric or other symptoms stop all medications.

#### **Do Not Drink Alcohol While Taking These Tablets**

- ❑ This evening: • Instill 1 drop of Ocuflax
- ❑ From tomorrow, instill eye drops as follows:
  - Ocuflax ~ 4 times per day
  - Flarex ~ 4 times per day

Continue using these drops as prescribed until told to reduce or stop by your surgeon.

- ❑ Apply the clear plastic eye shield at night until the contact lens has been removed.
- ❑ Should the contact lens fall out of your eye or need to be removed, do not attempt to re-insert it. Leave the lens out.
- ❑ Once your cornea has healed, which usually takes about 5 days, your doctor will commence you on Artificial Teardrops. Use one drop 5 times a day for 3 months.  
**It is important to keep the eye adequately lubricated during this period.** These drops can be purchased without prescription.
- ❑ Do not wash your hair until after the follow-up visit. Avoid soap and water in the eye for 1 week. Do not drive until your vision has recovered adequately.

No eye make-up for 1 week.

No swimming for 14 days.

- ❑ It is very important that you keep your follow-up appointments.

After hours contact numbers: Dr Steiner (02) 9428 3045