

RECOMMENDATIONS FOR

CROSSLINKING SURGERY

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INDICACIONES PARA PACIENTES **ANTES** DE LA CIRUGÍA

- The patient must be present at the hour indicated on the confirmation sheet.
- It is requested that the patient arrives with comfortable clothing, preferably with buttons that allow changing to be easier after the surgery. Please do not use jewelry..
- The day of the surgery, the patient must not use any type of makeup, cream or sunscreen on their face, do not use any kind of fake lashes.
- The patient must not use any perfume or cologne before surgery, they can only use deodorant.
- In case of using contact lenses, the patient must suspend their usage 3 days before surgery.

- The patient must come accompanied on the day of surgery. We would really appreciate if you come with one person only, because of the physical space available
- The patient must take into account that they will be staying at the clinic for approximately 3 hours due to the induction process, information they must complete, payment process, preparation for surgery, and answering to questions..
- The total investment made for the surgery includes post surgery appointments without any additional cost, this within the 30 natural days after your procedure. After this 30 day period, the appointments need the stipulated payment for each appointment.
- The post surgery check ups are going to be done by any of the doctors from our team that are available.
- If you need a medical note for work, it is necessary to state it at the reception the moment you report for surgery (the day of the surgery).

- If you are going to pay with a debit or credit card, some banks have a limit regarding daily transactions. Verify this with your bank and ask for the restriction to be lifted for this transaction. Also, you must have the card's PIN available in case the terminal asks for it..
- In case of questions after the surgery out of office hours, you can write to us thru the **WhatsApp 83857525**.

POST SURGERY INSTRUCTIONS

CROSSLINKING

The kit contains:

- Transparent protection cover.
 - Sterile gauze to clean glasses and protection covers.
 - Dark glasses with UV protection.
 - Anti-inflammatory and antibiotic drops.
 - Relaxing pill that causes sleepiness. (Only for adults)
 - Transpore surgical tape
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- The protection covers must be used to sleep during the next 8 nights, fixing them on place with the surgical tape that was given in the kit, every time you are going to use them, they must be cleaned with alcohol or alcohol gel.

- The gauze must be used to clean the protective cover, do not use any material that leaves lint.
- Follow the instructions as they are in the prescription.
- The priority for the patient after the surgery is to sleep and keep their eyes closed. For that a relaxing pill is given and the patient can take it when they arrive home. It only applies for adults.
- If the patient experiences any discomfort or pain after the surgery, the patient can take any painkiller of their preference.
- It is not necessary to wake up the patient while they are sleeping to apply the drops, the treatment will start in the morning.
- The dark glasses must be used anytime the patient is exposed to the sun (outside), if they are going to use any other kind of dark glasses aside from the ones from the kit, be sure those have the same UV protection.

POST SURGERY CARE

CROSSLINKING

- The next day after the surgery, take the protection cover off and put it away before taking a shower. You can take a normal shower, avoiding any shampoo or soap getting in the eye.
- Do not scratch or rub your eyes. (In case of any discomfort apply lubricating drops).
- Avoid smoking for a month. (If you smoke, increase the usage of the lubricating drops).
- Do not allow any pets in rest places like beds or couches, so that no pet hair gets inside the eye of the patient, this during the first month after surgery. Wash your hands after any kind of contact with your pet, these care instructions are to avoid exposing yourself to an infection..
- Avoid any direct hits to your eye or face. You can play any kind of sport, except boxing. Boxing can be restarted a month after surgery.

- Use the medicine only in the way it was indicated in the prescription.
- Avoid direct exposure to air conditioner or cigarette smoke, fireplaces, barbeques, etc..
- The patient must follow the additional instructions given by the doctor to guarantee the success of your recovery.
- When leaving from the surgery, a protective contact lens is going to be put. And must be used for 4 days, do not suspend it's use. A post surgery appointment will be given to specifically take the lens out by the doctor during the appointment.

FREQUENTLY ASKED QUESTIONS FROM POST OPERATED PATIENTS

Can I watch TV?

- **Yes, you can watch TV.**

Can I raise my hands?

- **Yes, you can raise your hands.**

How long after the surgery can I drive?

- **Until the doctor indicates it, ask this question to your doctor during your post surgery appointments..**

How long after the surgery can I lift any weights?

- **A day after the surgery.**

Can I play any impact sports?

- **You can play impact sports a month after the surgery.**

Can I dye my hair or apply any kind of chemical product on my hair?

- **You can do it 8 days after the surgery, taking care that nothing from the product gets inside the eye.**

Can I go to the dentist?

- **Yes, you can go to the dentist.**

Can I travel by plane?

- **Yes, you can travel by plane. Ideally, after the 8 days post surgery appointment.**

Can I do activities like sewing, embroidery, reading?

- **Yes, you can.**

Can I cook?

- **Yes, you can.**

Can I go up and down stairs?

- **Yes, you can.**

Can I open the refrigerator?

- **Yes, you can.**

After the surgery can I have intercourse/sex?

- **You can have intercourse/sex 15 days after the surgery.**

Can I drink alcohol?

- **You can drink alcohol in moderation.**

Reminder: your vision can fluctuate during the first 4 to 6 weeks after the surgery, and in some cases, it can take till 6 months for your vision to stabilize.

If you have blurry vision, you can apply lubricating drops.