



Cross Linking

Surgery Cost

Cross-Linking can be costly, but we work with Glaukos and a specialty pharmacy that helps reduce medication costs through insurance. Medication prices vary by patient; surgical fees are fixed.

Surgery Day Requirements

- Bring drops and valium to surgery
- Patient will require a driver
- Wear loose comfortable clothing
- Eat regularly prior to surgery to prevent stomach upset
- Take any daily medication
- DO NOT wear any strongly scented items
- DO NOT wear any jewelry
- DO NOT wear any makeup

Post-Operative Restrictions

- Do not drink any alcoholic beverages for the first 24 hours
- One week - NO eye makeup
- Two Weeks - NO swimming, hot tubs, saunas, gardening, or dusty environments
- Three Weeks - NO aggressive eye rubbing

Post-Operative Instructions

- A nap post-op is recommended to rest the eyes
- Shields are to remain on while sleeping for 4 nights
- Preservative free artificial tears may be used as needed. There is no limit to how much/often they can be used.
- Tearing, watering, burning is common/normal. Tylenol, ibuprofen, ice compress, or artificial tears can be used as needed
- Showering with eyes closed is acceptable

After 1 Day Post-Op for At Least 7 Days			
Moxifloxacin/Vigamox	FML/Flarex	Prolensa/Ketorolac	Vitamin C (500 mg)
1 drop, 3 times per day	1 drop, 4 times per day	1 drop, 1 time per day	Take 2 times per day
OR			
Multi Drop		Vitamin C (500 mg)	
1 drop, 3 times per day		Take 2 times per day	



CTAK

(Depending on the case, MD might add to this list)

Dos

- Bring insurance cards, driver's license, sunglasses, eye drop(s) and your surgery bag.
- Take regular medications the morning of surgery with just a sip of water.
- If the patient takes quick acting insulin with meals for diabetes, it must be brought to surgery.
- Wear comfortable warm clothing to the surgery center; patient remains in street clothes
- Patient will need a known driver on surgery day (no public transportation or medical transports)

Don'ts

- No dairy products after midnight
- Nothing by mouth (including liquid) 8 hours prior to surgery.
- DO NOT bring valuables (i.e. jewelry)
- NO contact lenses beginning 2 days prior to surgery. (Take them out to start drops)
- NO face procedures at least one month prior to surgery such as laser treatments
- NO make-up (especially mascara)

Drop Information

(Shake Drops prior to use and space 1 minute apart)

Two Days Prior

Prolensa (Bromsite or Ketorolac)	Besivance (Moxifloxacin, Tobramycin or Polytrim)	Lotemax (Prednisolone or Durezol)
1 drop, once daily	1 drop, three times daily	1 drop, three times daily
OR		
Multi Drop		
1 drop, three times daily		

Morning of surgery - 1 drop of each

All drops are placed in the surgery bag and brought to the procedure, as well as all post-operative appointments.
