

## CORNEAL CROSS-LINKING: PRE-PROCEDURE CARE

### 1-WEEK BEFORE PROCEDURE



**Systane Ultra** or **Refresh Preservative-Free Vial Tears**: **1 drop at least 4 times per day**, or more. (i.e., breakfast, lunch, dinner, bedtime). Over the counter.

### 1-DAY BEFORE PROCEDURE



**Zymaxid (Gatifloxacin)**: Antibiotic. Tan Cap. **1 drop 4 times per day**. Prescription only.



**Neurontin (Gabapentin)**: Take **1 capsule orally**, the night before procedure and **1 capsule prior to arrival** on day of procedure, to decrease discomfort. Prescription only.



**Acular LS (Ketorolac)**: Anti-inflammatory (gray cap). **1 drop 2 times per day**. Prescription only.

### DAY OF PROCEDURE

#### DO'S AND DON'T'S

- **No** perfumes, colognes, and fragrant lotions. Deodorant is fine.
- **No** makeup (i.e., foundation, concealer, mascara, eyeshadow, or eyeliner...etc.)
- Eat a light meal prior to arrival. Avoid caffeine **1 hour** prior to arrival.
- Avoid alcohol and medications that may cause drowsiness.
- Wear comfortable clothing. The laser suite is kept at a cooler temperature.
- Arrange for someone to drive you home on the day of the procedure.

**Any Questions? Call Holzman Laser Vision at 855-995-2745**

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(WAIT 1 MINUTE IN BETWEEN DROPS)



1 WEEK PRIOR	7 Days Prior __/__/__	6 Days Prior __/__/__	5 Days Prior __/__/__	4 Days Prior __/__/__	3 Days Prior __/__/__	2 Days Prior __/__/__	1 Day Prior __/__/__	Surgery Day! (Prior to arrival)
<b>Systane/Refresh</b> Preservative-free vials	○ ○ ○ ○ 4 times per day	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○
<b>Zymaxid</b> (Gatifloxacin) TAN CAP	Start the day <b>prior</b> to procedure 4 times per day						○ ○ ○ ○	○
<b>Neurontin</b> (Gabapentin)	Start the day <b>prior</b> to procedure at bedtime						○	○
<b>Acular LS</b> (Ketorolac) GRAY CAP	Start the day <b>prior</b> to procedure 2 times per day						○ ○	○

If any other medications have been prescribed, use them as directed.  
**Check to ensure you have everything before your procedure. If not, call the office.**

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