

After Your Procedure

EXPECTATIONS

Now that you have considered your treatment options, asked any questions you may have, and decided to go forward with your keratoconus treatments, it's important to know what to expect afterward. Without knowing what to expect, you can't know what is normal and what is not. To be prepared and avoid unnecessary worry please read the following thoroughly.

The most important goal of keratoconus treatments is to prevent further vision loss by strengthening the cornea (the clear window in the front of your eye which is weakened in keratoconus and bulges forward). Although a single crosslinking treatment is adequate to stop vision loss in almost all patients (greater than 99% in one of our studies), we will continue to monitor you to ensure this is the case for you. The second goal is to try and improve your vision with glasses or contacts using the FDA-cleared conductive keratoplasty (CK) technology.

Improved vision does **NOT** mean that you can expect to see well without glasses. In fact, it is common for people to see worse after their CK and crosslinking procedure for several weeks, if not months, until they are given new glasses and contacts. It is also very common for the new prescriptions to be very different from the ones they had before surgery. If you expect keratoconus treatment to be like LASIK, you will probably be very worried and disappointed. The goal of our LASIK procedures is to allow our patients to see well without glasses. The goals of keratoconus treatments are very different.

Keep in mind that patients with advanced keratoconus and related diseases see poorly even with glasses on. Multiple images, glare, severe starburst at night are not eliminated by keratoconus treatments; the goal is to do our best to reduce them as much as possible.



The image on the left shows the view from a normal eye. The one on the right shows multiple images as seen by person with keratoconus.

Photo credit: Wikipedia



Multiple Images
McCain and Spinello



Glare & Ghosting
Health and Medicine



Glare & Starbursts
Health and Medicine

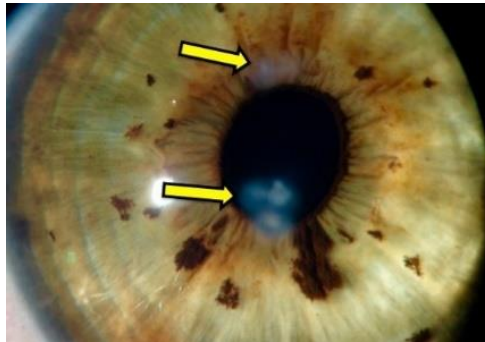
"Oh No, It's Getting Worse Again"

Most patients find that their vision without glasses may be better within a few days because if they have had CK and CXL. Their current glasses may not work well or may occasionally not even be needed. **BUT**, about a month after the procedure, most people find their vision without glasses decreases and their ability to see with a new glasses prescription gets better. As your eyes heal over the course of two to three months, your prescription is constantly changing. Keep in mind the eventual goal is to be able to see substantially **better with new glasses lenses at about three months**.

In less advanced cases when CK is not recommended and only CXL is performed, most patients will see the same as they did before their CXL with the same glasses and contacts.

White Spots

One other concern patients have is that they are often told that there are "white spots" on their eyes after CK.



Yellow arrows show "white spots" where CK was applied. These are normal and fade over time.

CK is a treatment that reshapes the cornea by applying radio waves leaving spots on the cornea so these are normal and expected. They are generally not what is interfering with your vision and they fade over time. Many eye doctors are not familiar with these innovative treatments, so they may be concerned if you're examined elsewhere outside of our office.

When Can I Get My New Glasses?

It is usually best for our office to write your glasses prescription at about two to three months after your procedure because we have extensive experience in determining optimum prescriptions after your keratoconus treatments.

Remember, these treatments do not eliminate glare and haloes at night. The goal is to reduce them as much as possible to make your vision adequate for driving at night and functioning better once you get your new glasses and/or contacts.

We hope this helps you understand what to expect to help avoid unnecessary worry and concern.

Timeline and tips for what to expect after your procedures:

For discomfort after your procedures:

- Use a cold compress or icepack applied for 10 (ten) and off for 20 minutes as needed.
- Take Advil/Motrin/Tylenol as directed.
- The diluted anesthetic comfort drops can help the first few days with discomfort.
- Use lubricating eye drops/artificial tears in between your prescribed drops as needed.

Day 1 – Week 1

In the first week after your procedure:

- Blurry Vision, glare, starbursts, halos and/or double vision.
- Tearing or Runny Nose.
- Light Sensitivity.
- Swollen Eyelids.
- Mild to Moderate Discomfort.
- Sandy, gritty or burning sensation in your eyes.
- You may notice the white spot on your eyes from the CK

Week 1 – Month 1

Your vision without glasses may be better or worse than before treatment. Your vision will continue to fluctuate and be blurry and old glasses may or may not help your vision.

Please return to our office for a temporary glasses prescription if you cannot see at work/school. Keep in mind the prescription may change by the time you receive your new glasses. If you wore soft contact lenses before the procedures, we usually suggest you return to lens wear 3-5 days after your procedure. Please call if you have any questions about this.

Month 2 – Month 3

Your vision without glasses may still be very blurry. Glare, starbursts, and halos are usually still present as well as light sensitivity. Please see Dr. Rubinfeld for a new glasses prescription. Because your corneas are becoming a bit more stable at about 2-3 months, this is a good time to get a prescription for new glasses that will likely not need to be changed so quickly.

Month 3 - Month 6

Vision should be more stable in general even though you will still notice glare, starbursts, and halos.

Month 6 - Year 1

You may receive a final glasses prescription from us. **Recovery is a “marathon” and not a “sprint”.** Results are often better even several years following some procedures.

If you have any questions at any time, please do not hesitate to give us a call at 301-908-8091.

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