

## Health & Disability Code of Rights

- 1 Right to be treated with respect
- 2 Right to freedom from discrimination, coercion, harassment and exploitation
- 3 Right to dignity and independence
- 4 Right to services of an appropriate standard
- 5 Right to effective communication
- 6 Right to be fully informed
- 7 Right to make an informed choice and give informed consent
- 8 Right to support
- 9 Rights in respect of teaching or research
- 10 Right to complain

## Counties Manukau Health Values

*We aspire to live and breathe our values every day as the foundation of our strategic goal to achieve health equity for our community:*



**VALUING EVERYONE** - Make everyone feel welcome and valued.

**KIND** - Care for other people's wellbeing.

**TOGETHER** - Include everyone as part of the team.

**EXCELLENT** - Safe, professional, always improving.

### Contact Details:

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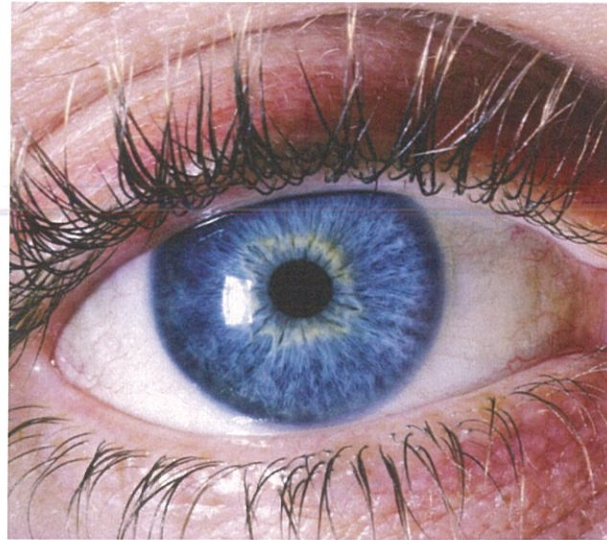


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COUNTIES  
MANUKAU  
HEALTH

## A PATIENT'S GUIDE TO CORNEAL COLLAGEN CROSSLINKING TREATMENT



## ***What is keratoconus?***

Keratoconus is a progressive corneal disorder, where the clear front window of the eye (cornea) thins and the vision worsens as the disease advances. Sometimes this is complicated by scar tissue that requires corneal transplant surgery to recover the vision.

## ***What is corneal collagen crosslinking (CXL)?***

CXL is a treatment designed to slow down or may stop the progression of keratoconus, using a combination of ultraviolet light and vitamin B2 (Riboflavin) drops to strengthen the cornea. CXL may reduce the need for corneal transplant surgery, by preventing keratoconus from worsening.

## ***What happens during the operation?***

Your eye specialist will fully explain the operation that is required as well as the likely risks and benefits. The operation is usually done with anaesthetic eye drops (no needles).

The procedure involves

- Polishing the front of your eye in most cases.
- The eye is soaked with Vitamin B2 drops for 10-30 minutes.
- UV light is shone on the cornea for 10-30 minutes.

## ***After the operation***

- You will go home after the operation.
- You must instil the eye drops as prescribed, until your next appointment (usually 2-3 days) to prevent infection.

## ***What is the eye like after the operation?***

You will experience pain - like 'sand in the eye' for about 2-3 days after the operation and the vision will be blurry while the eye heals.

The eye is often quite red and this may take up to one week to clear.

You may be sensitive to light. Wear dark glasses for comfort.

Do not rub the eyes.

Avoid water in the eye for one week, close the eye when washing.

The vision may be variable for a few months following treatment, this usually settles back to normal by three to six months.

If you have any queries or you feel that the pain is getting worse, please contact.....

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