

Welcome to Dr Omar Ben Hadj Said Laser vision

You are about to benefit from correction of your visual disorder (Myopia/Hyperopia/Astigmatism) using the safest technique available: Trans PKR.

It is important to follow these instructions to ensure that your experience runs in the best possible way..

INSTRUCTIONS BEFORE THE LASER :

- Stay out of your contact lenses for at least a week before the procedure.
- Start using artificial tears 5 times a day until the day of surgery, to lubricate your ocular surface.
- Don't wear make-up on the day of the operation.
- Have a good breakfast before coming to the clinic.
- Bring your treatment pack with you, as you will receive instructions on how to use it as soon as you arrive.
- It is important that you are accompanied to the clinic by someone close to you.
- Bring sunglasses, which you will wear when you leave the clinic.

PROCEDURE

- As soon as you arrive, you will be taken care of by one of our best technicians.
- First of all, corneal imaging tests will be carried out to ensure that your eyes are normal, and to get a more accurate idea of your prescription.
- You will then be directed to the laser room.
- You will lie down on the operating bed, and anesthetic/antibiotic/anti-inflammatory drops will be administered.
- Your face will be disinfected with betadine.
- Your surgeon will arrive, and a palpebral opening tool called a blepharostat will be placed to give your eyes better exposure (it's painless).
- You'll then stare at a flashing red light for the duration of the laser treatment.
- On average, the treatment lasts 20-30 seconds per eye.
- The operation is totally painless, so please keep your eyes firmly fixed in place throughout the treatment.

- You may smell evaporation and hear the sound of the laser.
- At the end of the procedure, a therapeutic contact lens will be placed and the same procedure will be repeated for the other eye.
- 30 minutes after the end of the procedure, you will be re-examined and discharged by your doctor.

POST-LASER INSTRUCTIONS : THE FIRST 5 DAYS

- It's very important to keep your eyes closed and moisted for as long as possible when you return home, as this will speed up the healing process.
- Rest and sleep are the ingredients for rapid healing.
- It is strictly forbidden to use screens (telephone, computer, tablet) during this recovery period.
- Stay well hydrated during this period.
- Signs of a fall out contact lens: Intense SUDDEN pain associated with extreme phobia of light. In this case, keep your eyes closed, use gel and artificial tears, and call us to make an appointment to replace the lens as soon as possible.
- Avoid all sources of steam during this period.
- You can take a shower with cold/ lukewarm water during this period, avoiding contact of the water with your head.
- Driving is prohibited for the first 5 days following the operation.

TREATMENT SUMMARY FOR THE FIRST 5 DAYS

- Sleep +++
- Rest ++
- Good hydration
- No screens
- Artificial tears hourly when awake
- Tear gel every time before going to sleep (don't use too much gel or you'll see blurred)
- Antibiotic drops 3 times a day
- Steroid (lotemax) starting on Saturday, 4 times a day.

EAT SLEEP REST REPEAT

For more information about lasers and ophthalmology, visit our website www.pkrtunisie.com

If you have any questions or queries, feel free to contact us on whatsapp +21655180065 available 24/7.