

PRE-OPERATIVE INSTRUCTIONS

POST-OPERATIVE INSTRUCTIONS

Keratopigmentation (FLAAK): pre-operative instructions

Dear Patient,

You will be operated refractive surgery. The pre-operative instructions allow you to prepare well for the day of your intervention and thus promote the smooth running of it. We therefore thank you for coming to your appointment, on time, respecting the instructions below:

- Do not interrupt the usual medications if your ophthalmologist has not recommended it.
- Do not come on an empty stomach, make a light meal before surgery avoiding stimulants (coffee, tobacco, ...) and alcohol consumption before the intervention
- Come accompanied to ensure your return.
- The 8 days before the procedure: do not wear makeup, remove ciliary extensions. Avoid dusty places (cellar, attic, etc.), animals, horseback riding, swimming pool
- Avoid perfumes, alcohol fumes that can lead to disturbances on the Excimer laser.
- Do not wear jewelry on the day of the procedure.
- Do not wear bars in the hair.
- Avoid buns.
- Have clean hair.
- Have a clean beard.
- Turn off your mobile phone on arrival and drop it off at the cloakroom that will be indicated to you.
- Do not chew gum.

If you are a contact lens wearer, remove them 8 days before

N.B.: if these different instructions are not scrupulously respected, the Clinic reserves the right to postpone the surgery.

Kératopigmentation (FLAAK): consignes post-opératoires

Dear Patient,

You have just benefited from a Keratopigmentation. The following recommendations are given to you for your visual health and comfort:

- Protect your eyes with sunglasses (the feeling of glare is normal).
- Avoid dusty places, animals, horseback riding
- Do not rub your eyes for the first 15 days.
- Also avoid any friction on the paupières.
- Do not wear makeup for 15 days.
- To clean your eyes, gently dab them with a wet compress.
- Do not put your head under water at sea or in the pool during the first week.
- Close your eyes in the shower for the first week to avoid soap.
- Avoid having sweat that flows into your eyes the first week.
- Avoid risky sports activities for 15 days. (wear a headband for sweating)
- Respect the dosage of the different eye drops prescribed in the post-operative treatment.
- Instill the different drops of eye drops a few seconds apart. Be careful not to touch the cornea with the tip of the eye drops. Get help if necessary to put the drops.

Post-operative follow-up / Recommendations :

During the first few hours after surgery, you may feel mild pain associated with tingling.

Uncontrolled tearing is quite normal as well as heavy eyelids that close on their own. The feeling of grain of sand in the eyes is normal, it is attenuated with the instillation of artificial tears. It is recommended to instill tears every half hour for the first 48 hours.

It is recommended to try to sleep a few hours after surgery if you feel minimal pain.

The day after the procedure, your visual acuity must return. At the slightest drop in acute or abnormal pain, you must immediately go to your ophthalmologist or, in case of absence, to the hospital.