**EYE CARE COMMUNITY & RESEARCH CENTRE**

**LASIK TIH HNU – A DAMLO TANA HRIAT TUR PAWIMAWH TE**

**TIH LOH TUR TE**

1. Make up / Powder etc. hmaiah hnawih loh tur
2. Mit ah tui leh sahbawn tih luh loh tur.
3. Mit nuai loh tur.
4. TV / Computer emaw lehkha chhiar loh tur, Doctor in a phal hmaloh chuan.
5. Lirthei khalh loh tur (kar 2 chhung).
6. Mahni thuin damdawi lo tih tawp loh tur.
7. Mitna leh natna inkaichhawn theih bulah awm loh tur.
8. Zu leh Meizial insum tur. Doctor in rem a tih hma loh chuan puipunnaah kal loh tur.
9. Hair oil emaw sahriak / tel mawm chi thlakhat chhung lu ah hnawih loh tur. Lu massages thleng in tih loh tur.
10. Doctor in rem a tih hma loh chuan hnathawh loh tur
11. Eye shield tello in mut loh tur( thla khat chhung tal).

**ZAWM TURTE**

1. Chaw ei dan pangngai in a ei theih.
2. Sam a khuih theih. Ha nawh a theih.
3. Damdawi ei lai nei tan ei chhun zawm tur.
4. Tarmit dum chhunah vuah tur, zan ah eye shield vuah a tha.
5. Naupang bul ah awm in fimkhur a tul, an ti palh thei.
6. Mit thlawr saktu chuan a kut fai tak in sahbawn nen a sil tur ani.
7. Mit thlawr dawn in mit vun hnuai lam keu in zuk far tur.
8. Mit thlawr hman zawh vel ah a bur chhin leh nghal tur, a hmawr in eng mah deh tir loh tur.
9. Mahni in damdawi hnawih lovin midang tih tir tur.
10. Nikhatah vawi hnih lapaw thianghlim in tih fai tur. Lapua chu tui ah minute 15 chhuan so tur, a lo daih hnuah hman tur. Mai mi chhing in hnar lam atang in hruk phei tur.
11. A hnuai a harsatna ang chi I neih chuan Mit Doctor inentir vat tur : -

* Khaw hmuh athat loh in.
* Eng a men a harsat in
* A lo sen nasat in
* Mit darthla lang a lo pawt in
* Mit chu a lo nat viau in

1. Dam lohna dang enge maw a lo awmin Doctor thu rawn ang in damdawi ei tur.