

Lids Cleaning Method

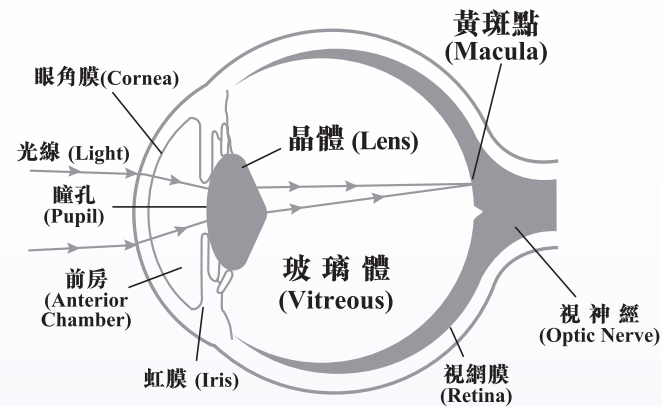
- Wash hands
- Dip folded facial puff in cool boiled water and clean along the eye lid margin from nasal side to lateral corner
- Do not re-use the swab

Don't(s)

- Rub eye
- Touch the wound and stitches
- Spill water into eye while shampooing
- Go to crowded or air polluted place
- Use pulled-over clothing
- Lift heavy objects or doing vigorous exercise

Please follow the above instructions until your follow-up appointment. Then check whether you have to follow the same instruction.

Should you have any queries, please consult your doctor during follow-up
Information provided by Department of Ophthalmology, Grantham Hospital



眼球縱切面圖

港島西聯網眼科服務簡介

港島西眼科專業人員，包括眼科醫生、護士、視光師及視覺矯正師等等，為市民提供全面的眼科服務。此外，我們亦負責策劃和推行區內眼科服務的長遠發展。並培訓眼科醫護專職人員，提升市民的健康質素。



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眼瞼矯正手術出院指導

ADVICE UPON DISCHARGE FOR
LIDS CORRECTIVE SURGERY

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眼險矯正手術出院指導

適宜

- 手術後二十四小時，可除去眼部敷料，然後開始按醫囑使用眼藥(用眼藥前後均要洗手)，再用消毒紗布輕蓋眼部
- 每日最少要更換蓋眼紗布一次
- 所有眼藥應塗在下眼瞼內，除非醫生有特別指示
- 應如常洗臉及清潔雙眼。避免觸及眼部傷口和縫線
- 如有眼部分泌物，應用清潔紙巾抹掉，常保持傷口清潔乾爽
- 可做少許家務及輕量運動
- 按時覆診
- 如傷口有異常紅腫、出血、滲液或破裂，請儘早於辦公時間內往所屬的醫院覆診。如非辦公時間可往就近之急症室就診，並帶備所有眼藥及覆診紙

清潔眼瞼的方法

- 洗手
- 用化粧棉蘸冷卻後之沸水，由眼內角向眼外角輕抹眼瞼邊緣
- 每塊化粧棉只抹一次，不可重覆使用

禁忌

- 避免用手擦眼，使傷口受感染或破裂
- 避免用手觸摸傷口及縫線
- 洗頭時應把頭向後仰，並用紗布遮蓋傷口，防止污水沾染
- 避免到擠迫或空氣混濁的地方，小心傷口受到碰撞或感染
- 避免穿著過頭笠衣服
- 避免搬運重物及劇烈運動

訪遵守以上指示直至覆診再向醫生諮詢意見

如有其他疑問，可於覆診時向醫生查詢以上資料由葛量洪醫院眼科部門提供

ADVICE UPON DISCHARGE FOR LIDS CORRECTIVE SURGERY

Do(s)

- Remove eye pad 24 hours after operation and start eye medication according to doctor's prescription. (Wash hands before and after the procedure) Then, cover the operated eye with a piece of sterile gauze
- Change the gauze daily
- Apply eye medications in lower fornix of the eye unless there is special instruction
- Clean face as usual, and clean operated eye by appropriate method at least once a day
- Wipe off discharge gently by clean tissue and maintain good eye hygiene
- Can do light housework and gentle exercise
- Attend follow-up visits according to schedule
- If there is severe wound swelling, redness, bleeding, discharge, wound gaping, please contact the clinic concerned as soon as possible during office hours. During off-office hours, you can consult the nearest Accident & Emergency Department. Please bring along your medication and follow up appointment slip