

## CATARACT CARE INFORMATION

### Introduction

Opacity in the lens is called cataract. The most common cause of cataract is aging. Other causes include congenital abnormality, trauma, diabetics, etc. Symptoms of cataract varies with the degree of opacification of the lens. Progressive blurring of vision is the most common complaint.

### Treatment

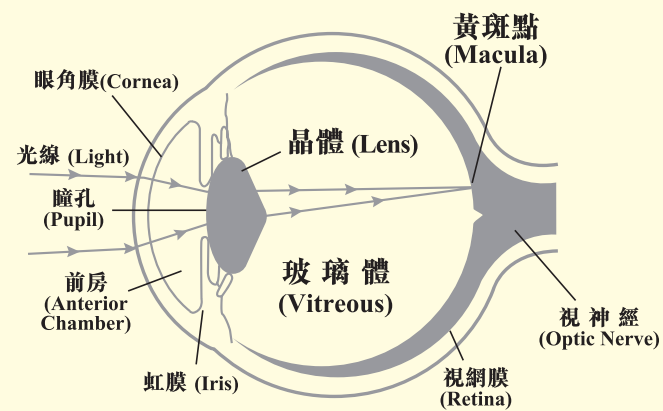
If blurring of vision significantly affects your daily activities (such as reading or watching TV), then you may consider the option of cataract operation. You can discuss various management plan with your doctor. The cataract operation is the only clinically proven treatment option. A cataract operation involves the removal of the opacified lens and implantation of intraocular lens. The success rate is quite good.

### Postoperative care

- Avoid unnecessary physical exertion
- Comply to instructions regarding drug application and follow-up visits
- Personal hygiene is very important at the post-operative stage
- Avoid rubbing the operated eye

- Clean eyelashes with cotton stick soaked with water
- Keep your head upright to avoid splashing water into the operated eye when washing your hair
- Intake of vegetables and fruits is encouraged to avoid constipation
- Try to sleep lying on the side of un-operated eye. You can use eye shield to protect your operated eye while sleeping at the first post-operational week
- Please consult your specialist if you want to engage in sports after the operation
- Watching television or reading are permitted
- If you feel discomfort in the presence of bright light, wear sunglasses
- Please seek help at the nearest Accident and Emergency Department if you experience persistent pain or deterioration of vision

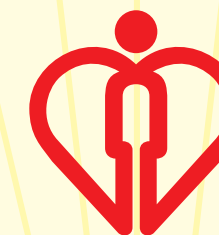
**Should you have any queries, please consult your doctor during follow-up**  
**Information provided by Department of Ophtalmogy, Grantham Hospital**



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。




醫院管理局  
HOSPITAL  
AUTHORITY



## 白內障護理資訊

## CATARACT CARE INFORMATION

 葛量洪醫院 Grantham Hospital	Pamphlet Topic & Department Code
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## 白內障護理資訊

### 簡介

當眼睛內的晶狀體變得混濁，稱之為白內障。主要是因年齡增長引致，其他成因包括先天性疾病，創傷和糖尿病等。症狀因濁化程度而異，一般是視力續漸變得模糊不清。

### 治療

並非所有白內障需要立刻做手術，只要視力不妨礙工作及日常生活，便可定期到眼科醫生處接受檢查，然後決定何時做手術。白內障摘除術是唯一有效醫治白內障的方法。將晶體內不透明的折光物質除去，然後植入適當度數的微形鏡片於晶體內。手術成功率非常高。

### 手術後的護理

- 初期應避免受震盪，不宜俯首拾物
- 依時用藥及按時覆診
- 需保持個人衛生
- 切勿用手擦眼睛
- 要用消毒藥棉球沾濕凍開水清潔眼瞼
- 洗頭時，頭要向後仰，避免洗頭水倒流入眼內
- 要多吃水果和蔬菜以防便秘
- 睡覺時，不要睡向手術側以免壓着傷口。手術後一星期內，睡前要用眼罩保護眼睛
- 如需作任何運動，應先請教醫生
- 可觀看電視及閱讀，如覺得光線刺眼，可戴上太陽眼鏡遮光
- 如有緊急眼睛病情變化，可提前覆診，請致電所屬眼科診所。非辦公時間請攜帶所有眼科資料往就近急症室求治

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