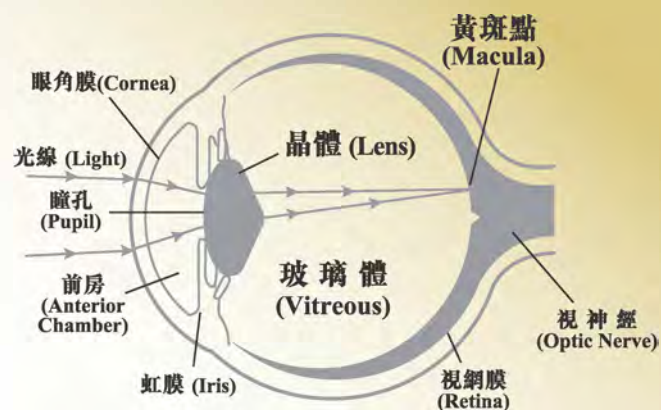


## Remarks:

After incision & curettage of chalazion, start warm compress 24 hours after the operation.

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。

 葛量洪醫院  
Grantham Hospital  
☎ 2518 2111

 瑪麗醫院  
Queen Mary Hospital  
☎ 2255 3111




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HOSPITAL  
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## 熱敷的使用法

APPLICATION OF  
WARM COMPRESS

 葛量洪醫院 Grantham Hospital	Pamphlet Topic & Department Code
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## 熱敷的使用法

- 清潔雙手
- 預備清潔的熱毛巾
- 以手腕測試毛巾的溫度，避免燙傷皮膚
- 合上眼睛後，將熱毛巾敷於患眼之上，熱敷約十至十五分鐘
- 若毛巾溫度轉冷，可重覆以上步驟
- 按醫囑指示，每天可施行三至四次
- 熱敷後可依醫生指示滴藥水或搽藥膏

## 備註

若曾接受眼瘡切開放膿術，可於二十四小時後施行熱敷

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

## APPLICATION OF WARM COMPRESS

- Wash hands
- Prepare a clean warm towel
- Use the wrist to test the towel temperature to prevent scalding
- Place the towel over the closed eye(s) for about 10 - 15 minutes
- Repeat the above steps if the towel becomes cool
- Can repeat the procedures 3-4 times a day according to doctor's instruction
- Instill eye medications as prescribed after the application of warm compress

