

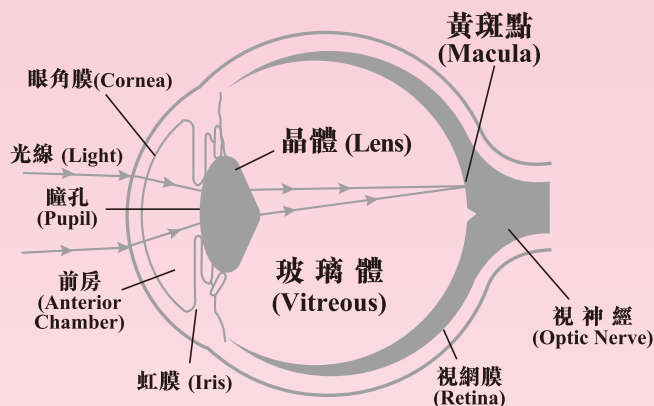
- While applying the lotion, carefully looking into a mirror and try not to touch on other parts of the eyes. Eyes should look upward while cleaning the lower eyelids and look downward while cleaning the upper eyelids. Apply the lotion from the nasal side first and then to the lateral side of the eyes

- Use a fresh cotton bud each time and discard it after use

- Repeat the method three to four times daily

- Discard the remaining lotion after use

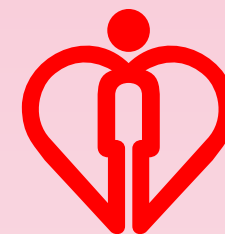
- After lid hygiene is completed, eye drop or ointment may be applied to the lid margin as prescribed by the doctor



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




### 眼瞼的清潔

### EYELIDS HYGIENE

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

 葛量洪醫院  
Grantham Hospital  
☎ 2518 2111

 瑪麗醫院  
Queen Mary Hospital  
☎ 2255 3111

 葛量洪醫院 Grantham Hospital	Pamphlet Topic & Department Code
Ownership	HKWC/Ophthalmology - 3
Last review/revision	Jul/2024
Approval	HKWC Information Pamphlet Working Group
Distribution	As requested

## 眼瞼的清潔

### 簡介

以下清潔眼瞼的方法有助減低眼瞼發炎的機會。眼瞼炎是由於眼瞼邊緣所排出的油脂分泌積聚在眼瞼表面及睫毛上，繼而刺激眼睛，引起眼紅及異物感

### 準備清潔液

用一至二滴嬰兒洗頭水注入五十毫升的沸水稀釋後，用有蓋的容器盛載備用。

### 方法

- 先清潔雙手
- 面對鏡子，拉低下眼瞼，眼睛向上

望，然後用化粧棉塊或棉花棒沾少許清潔液，輕輕由鼻側向耳側抹眼邊緣(即眼睫毛長出的地方)。儘量不要觸及眼部其他組織

- 拉高上眼瞼，眼睛向下望，以同樣方法清潔。每塊化粧棉塊或棉花棒只可抹一下
- 重覆以上步驟
- 丟棄剩餘的清潔液，每一次須重新調配
- 每日清潔三至四次，以減低發炎機會
- 清潔後可按醫生處方使用眼藥

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

## EYELIDS HYGIENE

### Introduction

This treatment will help to reduce the inflammation of the eyelids. It is due to the accumulation of oily secretion over the margin of the eyelids and the eye. Subsequently it induces red eye and foreign body sensation.

### Preparation for the Lotion

Mix one or two drops of Baby Shampoo into 50c.c. cooled-down boiled water, and use it to clean the margins of the eyelid.

Please keep the lotion in a clean container with a lid on.

### Method

- Clean the hands first
- Dip cotton bud into the lotion and clean the upper and lower eyelid margins of both eyes by pulling the upper eyelids and retracting the lower eyelids respectively