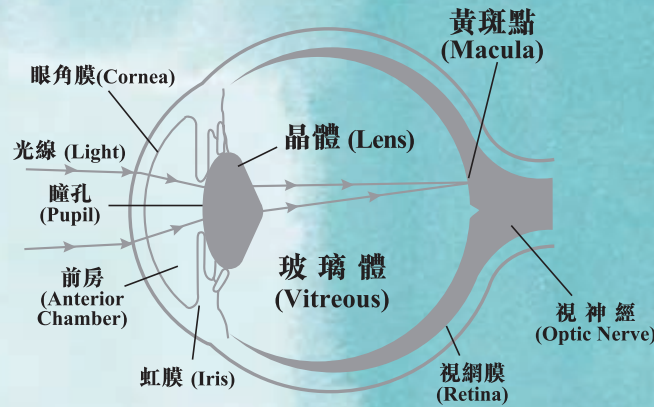- Blink the eye several times to let the eye ointment distribute evenly. Then gently close your eye and use a clean tissue to wipe off the excessive eye ointment
- Replace the cap to the tube. Keep ointment in a cool, dry place and safe place not accessible to children

Please pay attention to the following

- Unopened eye drops & eye ointment are sterile. Once opened, they should be kept clean at all times and discarded after one month
- After the ointment is applied to the eyes, the vision is blurred temporary, but will soon clear when ointment is absorbed
- When applying eye drops & eye ointment at the same time, use the eye drops first, then apply eye ointment 3 to 5 minutes afterwards
- Do not share medication with other patients
- Do not use contaminated or expired eye drops / eye ointment
- Do not buy and use any eye medicine without the doctor's prescription and instruction. Most eye medications contain preservatives and different components for specific eye diseases
- Should the eyes feel itchy or appear red and swollen after medication is applied, stop using the medication and consult an eye doctor without delay

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

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眼角膜(Cornea)
光線 (Light)
瞳孔 (Pupil)
前房 (Anterior Chamber)
虹膜 (Iris)
黃斑點 (Macula)
晶體 (Lens)
玻璃體 (Vitreous)
視神經 (Optic Nerve)
視網膜 (Retina)

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。

萬量洪醫院 Grantham Hospital ☎ 2518 2111

醫 院 管 理 局
HOSPITAL AUTHORITY

正確使用眼藥水及眼藥膏的方法

HOW TO USE YOUR EYE DROPS & EYE OINTMENTS

正確使用眼藥水的方法

- 確定所用的眼藥的時間，劑量及次數。留意藥瓶的標籤指示。以配合患眼，切勿弄錯
- 先清潔雙手
- 頭向後仰或躺臥床上
- 用手指輕輕將下眼皮拉下成袋狀，眼向上望，把藥瓶嘴置於距離眼睛約一吋，然後輕按藥瓶底將一滴眼藥水滴入眼袋內，切勿把瓶嘴接觸眼部
- 滴藥後輕閉眼睛，以手指輕壓眼角鼻樑處，防止藥水流失，用清潔紙巾拭去濺出的多餘藥水
- 用藥後立即蓋好藥瓶，存放在陰涼和兒童不能觸及的地方

正確使用眼藥膏的方法

- 確定所用眼藥膏的時間，劑量及次數。留意藥瓶的標籤指示，以配合患眼，切勿弄錯
- 先清潔雙手
- 頭向後仰或躺臥床上
- 用手指輕輕將下眼皮拉下成袋狀，眼睛向上望，擠出四至五毫米(約一粒米大小)的眼藥膏在眼袋內。切勿讓膏筒嘴接觸眼部，以免損害眼睛及染污膏筒的筒嘴
- 搽藥膏後輕眨眼睛數次，使藥膏均勻分佈眼內。然後閉上眼睛，用清潔紙巾拭去多餘的藥膏
- 用藥後立即蓋好眼藥膏筒，存放在陰涼和兒童不能觸及的地方

特別注意點

- 未開啟的眼藥水或眼藥膏均是已消毒。開啟後須保持清潔
- 搽眼藥膏後，視覺會有短暫糢糊，不久可回復正常
- 若眼藥水與眼藥膏須同用，應先滴眼藥水，待三至五分鐘後再搽上眼藥膏
- 切勿將眼藥給他人使用
- 切勿用已變色或過期的藥水/藥膏
- 眼藥瓶開啟後一個月不宜再用
- 未經醫生指示，切勿自行購買及使用眼藥水或眼藥膏，因大部份眼藥含有防腐劑。不同的眼藥水各有不同的醫療用途
- 使用眼藥水或眼藥膏後，如若有紅、腫、痕癢等過敏症狀，請立即停用及向醫生求診

1. 頭向後仰，眼向上望。
   Tilt head backward, look upwards.
2. 輕輕拉低下眼皮成袋狀，滴一滴眼藥水入眼袋內。
   Pull lower lid down, instill drops.

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

How to Use Your Eye drops?

- Identify the eye to be treated, the drops used and the schedule of application
- Wash your hands, keep the head and chin up or lie on bed
- Hold the bottle in one hand and with the fingers of the other hand, gently pull down the lower eyelid to form a pouch
- Hold the nozzle of eye drop bottle one inch above the eye. Place one drop of the medication into the pouch while the eye looks up. Do not touch the eyelid or eye with the dropper
- Close your eyes and gently press against the inner corner of the eye to prevent rapid drainage of the medications. Use a clean tissue to wipe off excessive eye drops
- Replace the cap of the eye drops immediately after use. Keep eye-drops in a cool, dry and safe place not accessible by children

How to Use Your Eye Ointments?

- Identify the eye to be treated, the ointment used and the schedule of application
- Wash your hands, keep the head and chin up or lie on bed
- Remove the cap from the tube and hold it horizontally. Be sure the tip does not touch anything
- Hold the tube in one hand with the fingers of the other hand, gently pull down the lower eyelid to form a pouch
- Hold the applicator end of the tube close to the eye and squeeze out about 4-5mm of the ointment onto the inside of the lower eyelid. (the size of a grain of rice)