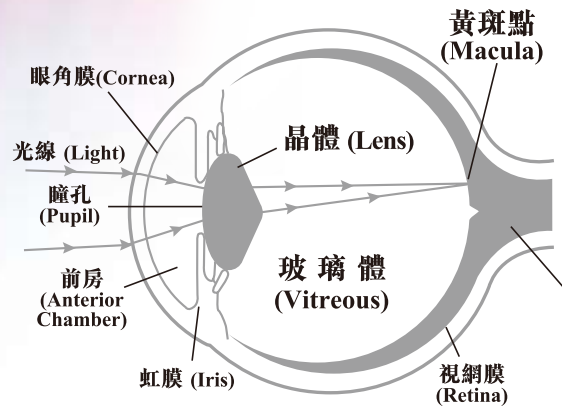


- The operated eye should be cleaned by using cotton wool pad, wipe away any discharge or sticky material from eye lids and from between lashes. Swab should be used once only. Cool boiled water can be used
- Avoid rubbing the eyes
- Avoid bending, lifting heavy objects, straining and strenuous exercise
- In the first week after surgery, avoid bending down your head to shampoo. Cover your eyes with clean/sterilized gauze or eye shell carefully to prevent unclear water getting into the operated eye
- Avoid strenuous exercises
- Daily activities can be resumed gradually
- Good personal hygiene is essential to prevent infection
- A well balanced diet would promote wound healing
- Sunglasses can be worn for comfort
- Avoid overcrowded places and environment with contaminated air



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。

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

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醫院管理局
HOSPITAL
AUTHORITY



眼科手術後指引

GENERAL INSTRUCTION FOR POST EYE SURGERY PATIENTS

 葛量洪醫院 Grantham Hospital	Pamphlet Topic & Department Code
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眼科手術後指引

特別注意點

- 傷口如有疼痛，可服食止痛藥
- 請按時用藥及依期覆診
- 傷口或眼睛如有下列現象，請於辦公時間內致電有關醫院查詢：
 - 劇痛
 - 分泌增加
 - 異常紅腫
 - 視力減退
 - 頭痛
 - 噁心或嘔吐
- 非辦公時間內，如病情突然有變化，可攜帶所有藥物及眼科約期資料往就近急症室求診

護理和建議

- 接觸眼睛前，應先洗淨雙手
- 使用眼藥前，先用化粧棉沾濕凍開水(即冷卻後的沸水)清潔眼瞼
- 請依照醫生指導，正確使用眼藥
- 不要用手擦眼睛

- 不宜突然彎低頭拾物件及搬運太重物件
- 手術後第二天，可按個人能力回復輕可的日常活動，如觀看電視、閱讀或做輕微手工藝。但不宜過久，以免眼睛疲勞
- 手術後一星期不可彎低洗頭。洗頭時要以清潔或消毒過的紗布或護眼罩遮蓋眼睛，儘量不可讓污水滲入眼內或弄污傷口
- 注意個人衛生以防感染
- 均衡飲食，有助傷口早日癒合
- 戴太陽眼鏡可使眼睛感覺較為舒適
- 避免做劇烈運動
- 儘量避免到擠迫和空氣污濁的場所

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

GENERAL INSTRUCTION FOR POST EYE SURGERY PATIENTS

Specific post operative instructions

- Analgesia to be taken when necessary or as prescribed by doctor
- Medication should be taken on time. Patient would be followed up in out-patient department regularly post-operatively as advised by doctor
- Advise to seek medical advice as soon as possible, if the following occurs in the eye or wound:
 - excess pain
 - increased discharge
 - excessive increase in swelling & redness
 - sudden decreased vision
 - headache, nausea & vomiting
- During office hour, please call the hospital concerned for enquiry
- After office hours, please bring all your medicine & necessary documents to the nearest Accident & Emergency Department

Care & Advice

- Wash your hands before dressing or touching the eyes/wound
- Eye medications should be given to the **APPROPRIATE** eye at the **APPROPRIATE** time