



## 《眼手術後用膳安排》

Post-Eye Surgery Dietary Arrangements

### 飲食安排

Dietary Recommendations

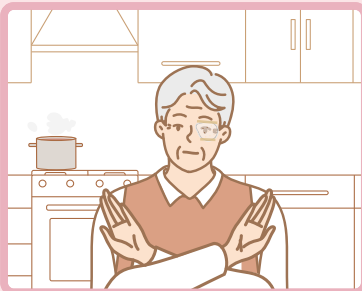


完成眼手術後一般是不需要戒口，在手術後的最初幾天內，避免進食堅硬食物並盡量增加流質飲食，如清湯、粥品、湯糊、果汁等，以免過度咀嚼增加眼部負擔。

Generally, there is no strict dietary restriction after completing eye surgery. However, in the initial days following the surgery, it is advisable to avoid consuming hard foods and opt for a diet consisting of liquid or semi-liquid foods such as clear soups, porridge, broths, and juices. This helps minimize excessive chewing and reduce strain on the eyes.

### 烹飪安排

Cooking Arrangements



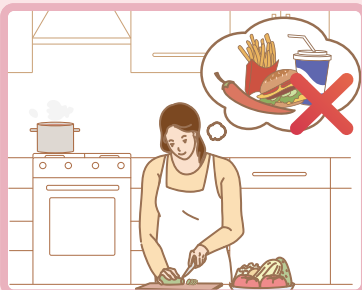
完成眼手術後盡量避免親自下廚及靠近廚房，以免烹飪時所產生油煙對眼睛造成刺激

After completing eye surgery, it is advisable to avoid personally cooking or being near the kitchen to prevent exposure to cooking fumes that may irritate the eyes.



如果在烹飪過程中感到不適，建議使用滋潤眼藥水沖洗眼睛。

If you feel uncomfortable during the cooking process, it is recommended to use lubricating eye drops to rinse your eyes.



如由照顧者烹飪膳食，應避免烹調辛辣、油炸或刺激性食物。以免患者的傷口開始癒合時，傷口變紅或痕癢的感覺加劇

If a caregiver is preparing meals, it is important to avoid cooking spicy, fried, or highly stimulating foods to prevent exacerbation of redness or itching sensation around the patient's healing wound.



請記住，以上提供的說明僅為一般指導，實際的眼疾護理程序應根據醫生的建議和特定手術的要求進行。如果您有任何疑問或需要進一步的指導，請向醫生尋求幫助。

Please note that the provided instructions are general guidelines. The actual eye care procedures should be followed based on the advice of the doctor and the specific requirements of the surgery. If you have any questions or need further guidance, please seek assistance from your doctor.