



手術後的眼瞼清潔

Postoperative Eyelid Cleansing

1



準備棉花球或化粧棉、涼開水、乾淨的器皿。

Prepare cotton balls or cotton pads, cool boiled water and clean container.

2



雙手徹底沖洗乾淨。

Rinse hands thoroughly under running water.

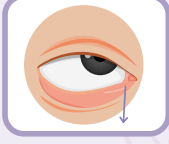
3



把涼開水倒入乾淨的器皿內沾濕棉花球或化粧棉。

Pour cool boiled water into a clean container and dip a cotton ball or cotton pad into the water.

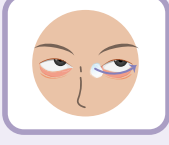
4



面對鏡子，拉低下眼瞼，眼睛向上。

Facing the mirror, lower your eyelids, and look upward.

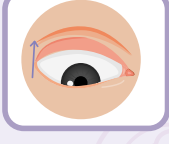
5



使用沾濕了的棉花球或化粧棉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。每個棉花球或化粧棉只可抹一下。

Use a moistened cotton ball or cotton pad to gently wipe from the nasal side first and then to the lateral side of the eyes the edges (i.e. where the eyelashes grow). Try not to touch other parts of the eyes. Each cotton ball or cotton pad can be used once only.

6



拉高上眼瞼，眼睛向下望，以同樣方法清潔。每個棉花球或化粧棉只可抹一下。

Raise your upper eyelids, look downward, and clean in the same way. Each cotton ball or cotton pad can be used once only.

7



重覆以上步驟4-5次，丟棄剩餘的涼開水，每一次須重新準備。

Repeat the above procedure 4-5 times, discard the remaining cool boiled water, and prepare some new water next time.

8



按以上程序清潔眼瞼一星期，每日清潔2次，每次4-5個棉花球或化粧棉或按醫生指示清潔。清潔後可按醫生處方使用眼藥。

Clean your eyelids according to the above procedure for one week, twice a day, using 4-5 cotton balls or cotton pads each time or as the frequency directed by your doctor. After lid hygiene is completed, eye drop or ointment may be applied to the lid margin as prescribed by the doctor.



注意事項
Precautions

謹記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。如有疑問或需要進一步的指導，請向醫生查詢。

Please note that the instructions provided above are for general guidance only, and the actual eye care procedure should be carried out according to the doctor's advice and the requirements of the specific procedure. If in doubt or need further guidance, please consult your doctor.