



眼部手術後的個人護理

Personal Care After Ophthalmic Surgery



手術後一週內避免水濺入眼內。

Avoid splashing water in your eyes for one week after surgery.



外出時不需要特意帶著太陽眼鏡，但如果感到眩光刺眼可以考慮配戴保護眼睛。

You do not need to specifically wear sunglasses when going out after surgery, but if you experience glare or light sensitivity, consider wearing protective eyewear.



外出時，要慢慢行走，選擇走熟悉的路線，以減少碰撞或跌倒的風險。

When going out, walk slowly and choose familiar routes to minimize the risk of collisions or falls.



飲食安排：完成眼手術後一般是不需要戒口，可繼續按照平時日常飲食生活習慣。

Dietary Recommendations : Generally, there is no strict dietary restriction after completing eye surgery.



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.