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**This is a kindly
reminder**

To help you have a smooth recovery after surgery, please pay attention to these self-care methods.

愛的小叮嚀

為了使您的術後恢復情況更好，請您務必注意術後自我照顧方法。

Wound care

1. Because of the post-operative stitches, it's normal to have slight itching and tearing in the treated eye. Be careful not to rub this eye.
2. During the revisit on the next day, your eye doctor will help you remove the dressing to exam your eye. Don't remove the dressing by yourself.
3. While washing your face, don't let your eye get wet and keep the dressing dry.

傷口的照顧

1. 手術後因縫線關係，開刀的眼睛會有輕微刺痛感、流淚，屬於正常現象，請勿用手揉眼睛。
2. 隔天回診時，眼科醫師會幫您取下眼睛的敷料做眼睛的檢查，因此請勿自行取下敷料。
3. 洗臉時勿讓水分進入眼睛，請保持開刀的眼睛敷料乾燥。

Medication

1. During the first visit to the outpatient clinic, bring back all the prescriptions.
2. Follow the eye drop instructions and continue using the eye drops.
3. The correct way to use the eye drops:



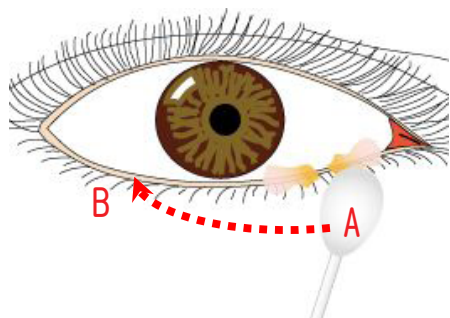
■ Wash hands before using eye drops.

藥物

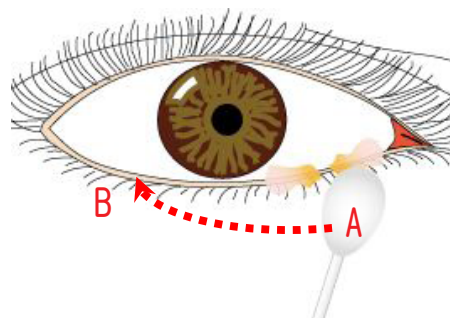
1. 開刀後第一次回門診時，請將醫師開給你的藥物全部帶回。
2. 眼藥水請按規定使用，勿自行停藥。
3. 開刀後眼藥水的正確點藥方法：



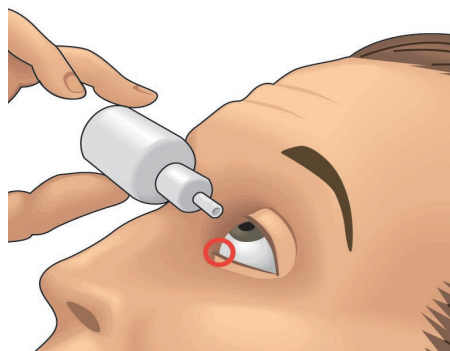
■ 點藥前請先洗手。



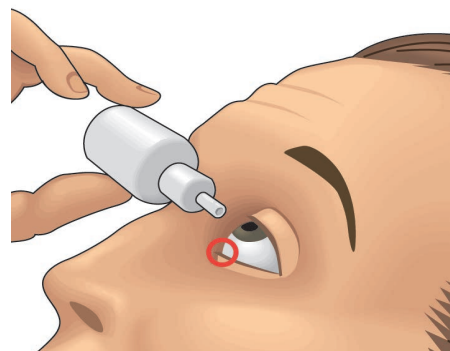
- Using clean cotton swabs with cooled boiled water or normal saline, gently wipe away the secretions from the inner corner (A) to the outer corner of the eye (B).



- 用清潔的棉花棒沾滾過的冷開水或生理食鹽水，由眼頭(A)往眼尾(B)擦去眼中的分泌物。



- Look upwards while dropping the medications inside the lower eyelid.



- 點藥時眼睛往上看，藥水點在下眼瞼裏面。

Diet

Avoid solid foods and excessive chewing. Eat soup and soft foods.

飲食

手術後避免吃堅硬食物，防過度咀嚼。

Activities

1. You can walk right after having the surgery. When lying down, lie flat on your back or lie on the untreated side with your treated eye upward. Don't lie on the treated side to avoid compressing the wound.
2. To avoid increasing pressure inside your eye, bursting of the wound, bleeding or movement of artificial lens, avoid doing the following activities:
 - For two weeks after surgery:
 - ✗ Avoid rubbing the eye, bending down, lowering the head, weight lifting or bearing down while defecating.

活動

1. 手術後即可走動，躺臥時，採平躺或睡向健側，請勿睡向手術側，以避免壓迫傷口。
2. 開刀後禁止下列動作，防眼內壓增加，傷口裂開、出血或人工水晶體移位。
 - 2週內：
 - ✗ 避免揉擦眼睛、彎腰、低頭、舉重、用力排便。

- ✗ Avoid coughing with force or sneezing.
- Keep passageways in the home free of furnishing or clutter to prevent falls and injury.

- For two months after surgery:
 - ✗ Avoid weight-bearing activities, playing ball or running.

3. Self-care instruction for the first month after surgery:

- Wear the eye cover to prevent injury and keep the eye from being hit.
- The eye cover requires daily washing and sterilization with boiling water.

- ✗ 用力咳嗽、打噴嚏。

- 居家走道淨空，預防跌倒。

- 2個月內：

- ✗ 避免重力工作、打球、跑步。

3. 手術後一個月內照顧注意事項：

- 您必須貼上眼睛保護的鐵蓋，以防傷害及撞擊。
- 眼睛的鐵蓋，需要每天刷洗並用熱水消毒。

■ While washing hair, lie on your back and ask someone for help to prevent water from getting into your eyes.

4. Avoid sexual intercourse for 4 weeks; it will be appropriate after 4 weeks.

5. Come back to the clinic regularly and follow the prescription instructions.

6. After discharge, follow your doctor's advice and visit the outpatient clinic for follow-up. Two to three months after surgery and after wound healing, be sure to have a refraction examination, which will determine if you need to wear glasses.

■ 洗頭需仰臥姿勢，請讓家人幫忙洗，以避免水進入眼睛。

4. 性行為最好在四週後才開始。

5. 定期門診追蹤，並依醫囑按時點藥。

6. 出院後按醫囑繼續門診複查，待2-3個月傷口完全癒合後再做屈光檢查，以決定是否要加配眼鏡，增加視力。

**Return to the hospital
if the following
conditions occur**

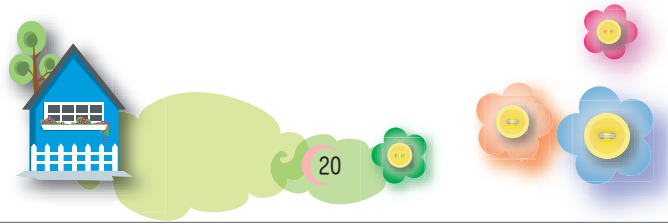
1. Abnormal bleeding, worsening pain, or deterioration of vision.
2. The treated eye is hit.
3. Seeing flashes or floating objects inside the eye.

**手術後如有下列情形，
請立即返院治療**

1. 異常出血、疼痛加劇，或視力逐漸變差。
2. 不慎碰撞手術眼睛。
3. 有閃光或東西漂浮在眼睛裡面的感覺。



Memorandum





佛教大林慈濟醫院
Buddhist Dalin Tzu Chi Hospital

敬祝您

身體健康 平安吉祥

Wish you

Healthy & Peaceful

佛教慈濟醫療財團法人

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白內障手術 後注意事項

Important instructions for after cataract surgery

中英文