



## 《手術後清潔眼皮方法》

Postoperative Eyelid Cleansing Method

### 第1步 Step 1



準備棉花球、凍開水、乾淨的器皿

Prepare cotton balls, boiled water cooled to room temperature, and clean containers.

### 第2步 Step 2



協助病人仰臥或坐於椅上，頭略向後傾，眼睛輕閉

Assist the patient in lying down or sitting on a chair with their head slightly tilted back and their eyes gently closed.

### 第3步 Step 3



照顧者將雙手徹底清潔乾淨

The caregiver should thoroughly clean their hands.

### 第4步 Step 4



把凍開水倒入乾淨的器皿內，用以沾濕棉花球

Pour the boiled water into a clean container to moisten the cotton balls.

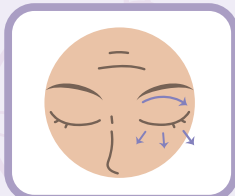
### 第5步 Step 5



每次用一粒沾濕了的棉花球，以由內至外方式，由眼頭向眼尾抹一次，然後棄掉棉花球

Take one moistened cotton ball at a time and gently swipe from the inner to the outer corner of the eye, starting from the inner corner and moving towards the outer corner. Dispose of the cotton ball afterward.

### 第6步 Step 6



重覆以上步驟 4-5 次，直至眼瞼和睫毛清潔乾淨  
(棉花球亦可以伸延清潔眼周附近皮膚)

Repeat steps 4-5 for a total of 4-5 times, until the eyelids and eyelashes are clean.  
(The cotton ball can also be used to clean the skin around the eyes.)

### 第7步 Step 7



按以上程序清潔眼皮一星期，每日可清潔 2 次，每次使用 4-5 粒棉花球

Follow the above procedure to clean the eyelids once a week. It is recommended to clean them twice a day, using 4-5 cotton balls each time.

### 注意 事項

Precautions



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.