愛的陪瞳
Love.Companion for the Eyes
【長者護理指南】
Eye Care Guide

CMER
希瑪眼科

《眼藥膏使用方法》
Instructions for Eye Ointment Use

第1步
Step 1

照顧者用眼藥膏前後將雙手徹底清潔乾淨。
Caregivers should thoroughly clean their hands before and after using the eye ointment.

第2步
Step 2

眼藥膏
Eye Ointment
有效期：10－2025
Expiry Date

核對藥名、有效期、是否變質。
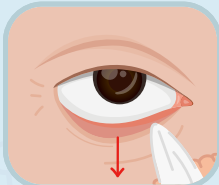Verify the medication name, expiration date, and check for any signs of deterioration.

第3步
Step 3

打開眼藥膏蓋後，先擠出第一滴眼藥膏，不要使用它。
After opening the eye ointment cap, squeeze out the first drop of eye ointment and do not use it.
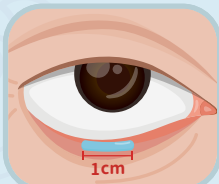
第4步
Step 4

照顧者動作輕巧地用紙巾輕輕拉下病人眼瞼。
Caregivers should gently pull down the patient's eyelid using a tissue or a gentle touch.
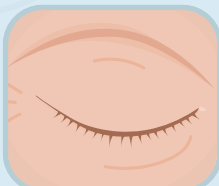
第5步
Step 5

1cm

擠出約一厘米長的眼藥膏用於下眼瞼內。注意瓶口勿觸碰睫毛或眼瞼。
Squeeze approximately one centimeter of eye ointment onto the lower eyelid. Be careful not to touch the bottle tip to the eyelashes or eyelid.

第6步
Step 6

病人輕閉眼睛，再眨眼數次，讓眼藥膏在眼球上均勻分佈。
The patient should gently close their eyes and blink a few times to distribute the eye ointment evenly on the eyeball.

第7步
Step 7

以紙巾清潔眼藥膏瓶口，並將眼藥膏蓋蓋上。
Use a tissue to clean the tip of the eye ointment tube and replace the eye ointment cap.

第8步
Step 8

10 min

若需同時使用眼藥水和眼藥膏，應相隔至少十分鐘，並且應先用眼藥水才使用眼藥膏。
If using eye drops and eye ointment simultaneously, there should be at least a ten-minute interval, and the eye drops should be used before the eye ointment.

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 careprocedures 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.