

Cataract surgery – discharge instructions

Simplified Chinese



白内障手术-出院指示

您的手术

白内障是晶状体里面生长的浑浊区域。您通过手术移除浑浊晶状体并且植入一个永久的人工晶体或者人工晶状体（IOL）。

药物（眼药水）

根据医生指示使用医生开的眼药水。请每次见医生的时候都带上您所有的眼药水。

穿戴和术后照顾

您将在眼睛上戴着一个药棉块和眼罩回家。您需要戴着这个过夜。当您眼睛戴着药棉块的时候请特别注意，以确保安全。

请按照医院员工指示进行穿戴。

Cataract surgery – discharge instructions

Your surgery

A cataract is a cloudy area that develops in the lens. You have had surgery to remove the cloudy lens and replace it with a permanently implanted artificial lens, or intraocular lens (IOL).

Medications (eye drops)

Use the eye drops your doctor has prescribed as directed. Please take all of your eye drops with you to every doctor's appointment.

Dressings and follow up care

You will go home wearing an eye pad and shield over your operated eye. You will need to wear this overnight. Please take extra care while you have your eye pad on to ensure safety. Please follow the advice given by staff regarding your dressing.



术后指示（医院员工会帮您完成这一项）

如没有额外指示，请于手术后第二天早晨摘掉眼睛上的药棉块。用含盐小袋里的液体清洗眼睛并开始滴眼药水。

- 您需要在术后隔天返回医院以便医生给您检查眼睛。

或者

- 护士会在您术后隔天早上 8 点至 11 点半给您打电话询问关于您眼睛的问题。请确保您在这段时间之内可以接电话。如果您理解英语有困难，请确保有人可以代您和护士交谈。

眼耳科医院要求每一个病人在术后 3 至 4 周回来复查。

详细的出院建议

- 术后一周之内的晚上您都需要戴着眼罩。您可以用温水清洁眼罩。
- 在您的眼罩摘下之前，您在上楼、倒液体和判断距离的时候可能需要帮助。
- 您可能在室内和室外都需要带墨镜以减少强光。
- 通常一旦眼睛上的药棉片摘除即可以从事轻度活动/工作。

Follow up instructions (A staff member will complete this for you)

Take your eye pad off the morning after your operation unless otherwise advised. Bathe your eye using the saline sachet provided and start your eye drops.

- You will need to come back to the hospital the day after your surgery for the doctor to check your eye.

OR

- A nurse will ring you on the day after your surgery between 8.00am and 11:30am to ask you questions regarding your eye. Please ensure that you are available to answer the phone during this time. If you have difficulty understanding English, please ensure that you have someone who can assist you in speaking to the nurse.

Every patient requires an appointment 3 to 4 weeks after their surgery at the Eye and Ear hospital.

Specific discharge advice

- You will need to wear your shield at night for one week after the operation. To clean your shield use warm water.
- Until your eye pad is removed you may need assistance using stairs, pouring liquids and judging distances.
- You may like to wear sunglasses inside and outside to reduce glare.
- Light activities/work can usually resume once the eye pad has been removed.



·可以洗澡，但是至少两周以内试着避免肥皂和水进入您的眼睛。如果肥皂进入，请用水冲洗眼睛但不要揉眼睛。

·在您的视力未经医生或者验光师测试之前请避免开车。

·接下来的两周以内避免以下情况：

- 触摸或者揉您的眼睛
- 游泳
- 做花园里的工作
- 从事有身体接触的体育活动和任何剧烈活动。

并发症

如果您遇到以下情况，请立即拨打急症部电话：03 9929 8333

- 做手术的眼睛红色增多
- 对光线的敏感度增加
- 增加或者持续的疼痛
- 做手术的眼睛视力下降
- 做手术的眼睛有排泄物
- 眼睛粘稠
- 闪光感
- 恶心呕吐
- 严重头痛

更多信息

白天手术门诊：03 9929 8340 (周一至周五早上9点至下午4:30)

急症部门：03 9929 8333 (工作时间之外)

自费病人：联系您的外科医生办公室

- Shower, but try to avoid getting soap and water in your eye for at least two weeks. If this happens, rinse your eye with water and do not rub your eye.
- Avoid driving until your vision has been assessed by a doctor or optometrist.
- Avoid the following for the next two weeks:
 - Touching or rubbing your eye
 - swimming
 - gardening
 - playing contact sports and doing any strenuous activity.

Complications

Contact the Emergency Department on 03 9929 8333 immediately if you experience any of the following:

- Increased redness of your operated eye
- Increased sensitivity to light
- Increasing or prolonged pain
- Decreased vision in the operated eye
- Discharge from the operated eye
- Sticky eye
- Flashing lights
- Nausea and vomiting
- Severe headaches.

More information

Day Surgery Facility: 03 9929 8340 (9am to 4.30pm Monday to Friday)

Emergency Department: 03 9929 8333 (outside business hours)

Private patients: contact your surgeon's rooms

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