

Cataract surgery – discharge instructions

Traditional Chinese



白內障手術 - 出院須知

你的手術

白內障是指眼睛的晶體出現混濁。你需要接受手術來摘除混濁的晶體並植入永久人工晶體，或人工晶狀體（IOL）。

藥物（眼藥水）

依照醫生開的處方眼藥水的指示來使用眼藥水。請帶齊所有的眼藥水出席每一次的醫生預約。

包紮及跟進護理

回家時你會戴上眼墊和眼罩，覆蓋著做完手術的眼睛。睡眠時必須戴上。當你仍然戴上眼墊時，請加倍小心來確保安全。

請按照護理人員的指示來處理包紮。

跟進指示（一位職員將會幫你填寫）

手術後的早上把眼墊除掉，除非另有指示。使用提供的鹽囊沐浴你的眼睛，並開始滴眼藥水。

- 你需要在手術後第一天返回醫院給醫生檢查你的眼睛。

或

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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.

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



- 護士將會在手術後第一天於上午 8 時至 11 時半打電話給你，詢問有關你眼睛的情況。請確保你能夠在這時段接聽電話。如果你不明白英語，請確保有人可協助你與護士溝通。

- 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.

所有病人都必須在手術後第三至第四週返回眼睛與耳朵醫院覆診。

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

特別出院建議

- 你需要在手術後的一週內，每天晚上戴上眼罩。眼罩可以用溫水清洗。
- 除掉眼墊前，你或需別人來協助你上落梯級、倒出液體和判斷距離。
- 你可能喜歡在室內和室外戴著太陽眼鏡來減少眩光。
- 把眼墊除掉後可以做一些輕微的活動/工作。
- 可以洗澡，但盡量在最少兩週期間避免讓肥皂和水進入你的眼睛。如果發生這種情況，請用清水沖洗你的眼睛，不要用手揉眼睛。
- 請不要駕駛車輛，直至醫生或驗光師檢查你的視力為止。

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.
- 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.



- 在接下來的兩週內，請避免：
 - 觸摸或摩擦你的眼睛
 - 游泳
 - 園藝
 - 玩有身體接觸的運動和做任何劇烈活動

- Avoid the following for the next two weeks:
 - Touching or rubbing your eye
 - swimming
 - gardening
 - playing contact sports and doing any strenuous activity.

併發症

如果你遇到以下任何情況，請立刻撥打 03 9929 8333 聯絡急症室：

- 患眼越來越紅
- 對光的敏感度提高
- 患眼疼痛持續加劇
- 患眼視力下降
- 患眼分泌物增多
- 眼部有黏性分泌物
- 閃光
- 噁心和嘔吐
- 劇烈的頭痛

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.

更多資訊

日間手術中心：03 9929 8340（星期一至星期五，上午 9 時至下午 4 時半）

急症室：03 9929 8333（工作時間以外）

自費病人：聯絡你手術醫生的診所

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

免責聲明

本文檔介紹了在僅發布時普遍使用的做法。內容只刊登了關於這方面的臨床知識概要。皇家維多利亞眼睛及耳朵醫院對文檔中包含的信息是否全面不會作任何明示或默示的保證。對於因這些信息使用不當而引起的任何後果不承擔任何責任。#171 Content owner: Surgical Services Last published: 21/06/18, Next review: 21/06/21

