

# How to use Eye Ointment

眼藥膏的使用方法



Gleneagles Hospital

HONG KONG

港怡醫院

## Free Shuttle Service 免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR **Wong Chuk Hang Station** (Exit A) and the hospital (main entrance).

港怡醫院為市民提供免費專車服務往來港鐵**黃竹坑站** (A出口) 及醫院 (正門)。



Free Shuttle Schedule  
免費專車服務時間表

## MTR 港鐵

Gleneagles is within walking distance from MTR **Ocean Park Station** (Exit C).

您可由港鐵**海洋公園站** (C出口) 步行至港怡醫院。



### Hospital address

1 Nam Fung Path,  
Wong Chuk Hang, Hong Kong

### 醫院地址

香港黃竹坑南風徑1號

### Mainline 電話

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### Step 1 步驟1

Always wash your hands thoroughly with soap and water before administering eye ointment.

使用眼藥膏前，請先用肥皂 / 洗手液清潔雙手。



### Step 2 步驟2

Remove contact lens before applying the eye ointment.

如有配戴隱形眼鏡，使用眼藥膏前要先除下。

### Step 3 步驟3

Clean your eyelid from inside to outside with a cottonbud and warm water to remove any eye dirt.

以溫水沾濕棉花棒由內至外清潔眼瞼。

### Step 4 步驟4

Tilt your head backwards, gently pull down the lower eyelid with a finger to form a pocket between the eye and the lower eyelid, and then look upward.

先將頭向後微仰，用食指輕輕將下眼皮拉開，露出眼瞼內側，然後眼睛向上看。



### Step 5 步驟5

Squeeze the tube gently and apply about 1 cm of ointment into the pocket without touching it by the tip.

擠出約一厘米（約一粒米份量）的眼藥膏在眼袋內。使用眼藥膏時避免眼藥膏筒接觸到眼睛表面。



### Step 6 步驟6

Close your eyes and roll your eyeball to spread the ointment evenly over the surface of the eyeball.

塗上眼藥膏後閉上眼睛，同時轉動眼球，使藥膏均勻分佈在眼內。



### Step 7 步驟7

Wipe any excess ointment around the eye with a tissue.

用紙巾拭去多餘的眼藥膏。



### Step 8 步驟8

Recap the tube immediately after use. Do not clean the tip of the tube.

使用後應立即把眼藥膏蓋上，切勿清潔瓶咀。



## Additional information

### 注意事項

- | Discard the eye ointment four weeks after opening. (or as directed by your doctor or pharmacist)
- | Do not use discoloured or expired eye ointment.
- | Eye ointment may blur your vision temporarily. Do not drive or operate machinery until your vision becomes clear again.
- | If you need to apply more than one eye ointment at the same time, wait 5 minutes after each application.
- | If you need to use more than one type of eye drops/ointments, use eye drops first and wait at least 5 minutes for ointment application.
- | For eye ointment require refrigeration, warm it before use by rotating slowly and gently between the palms of the hands several times.
- | 開啟後的眼藥膏需要在四星期內棄置，或按醫生及藥劑師指示使用。
- | 切勿使用已變色或過期的眼藥膏。
- | 使用眼藥膏後視力會暫時模糊，切勿駕駛汽車或操作機器，直至視力清晰。
- | 如同時使用兩種以上眼藥膏，使用期間需相隔五分鐘以上。
- | 如同時使用眼藥水及眼藥膏，請先使用眼藥水，待五分鐘後再使用眼藥膏。
- | 冷藏的眼藥膏使用前需要將藥膏筒平放於雙手手掌心微微搓熱。

This leaflet is for reference only. Please consult your doctor or pharmacist if you have any questions.

藥物小冊子只供參考之用，如有疑問可向醫生或藥劑師查詢。