

How to use Eye Ointment

眼藥膏的使用方法



On your side 護您同行



Gleneagles

HONG KONG

港怡醫院

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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。



Free Shuttle Service 免費專車服務

Gleneagles Hong Kong Hospital provides free shuttle bus service for public between MTR Ocean Park 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海洋公園站(A出口)及醫院(正門)。



Free Shuttle Schedule
免費專車服務時間表

MTR 港鐵

- South Island Line 南港島綫
- Tsuen Wan Line 荃灣綫
- Island Line 港島綫
- Tung Chung Line 東涌綫
- Airport Express Line 機場快綫



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 +852 3153 9000

Service hotline 服務熱線 +852 2122 1333

Fax 傳真 +852 2528 0081

www.gleneagles.hk