



病人教材

眼科中心



眼部手术后的注意事项

病人护理需知

此手册为您提供眼部手术后会发生的详细情况及护理需知、如何滴眼药水或涂眼膏、何时需要与医生或护士联络。

眼部手术后的护理

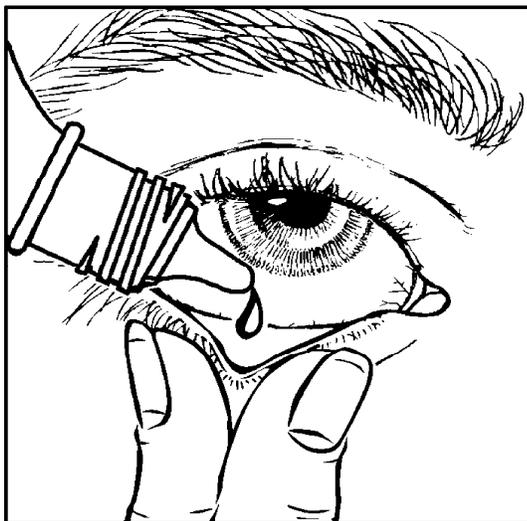
- 为保护您的眼睛、在医院期间已为您戴上金属的护眼罩 最重要的是您必须防范眼睛受到碰撞。
- 在您小歇或晚间睡眠时也请戴眼罩不需棉垫以保护眼睛。
- 日间可不必戴您的眼罩、以眼镜保护即可。

眼部手术后的情况

- **视力模糊** – 过一段时间就会有改进。在手术后一个月、您眼睛已复原到可以配新的眼镜。那时是您视力达到最清晰的时候。
- **摩擦感** – 感到眼内有异物。
- **惧光** – 畏惧强光。戴遮阳镜可解决此问题。
- **肿胀** – 会有一些轻微的肿胀、眼睛或眼睑也可能红肿。

如何使用眼药水或眼膏

1. 先以肥皂洗手、擦干。
2. 两眼睁开看上方。
3. 手在前额放稳、将下眼睑向下拉。
4. 在下眼睑内点一滴眼药水。



滴眼药的正确方法

5. 眼药水或眼膏的瓶口不可接触到眼睛。
6. 每次仅用一种眼药。间隔 5 分钟后再用另一种眼药。如您需使用眼膏及眼药水、请先擦眼膏、**然后再滴眼药水。**

如您自己擦药、可能躺平会容易些。可以请亲友为您察看眼药是否擦入眼睛内。亦可使用镜子。

如您有下列情况请与护士联系：

- 突然眼痛。
- 红肿、分泌物增多。
- 与手术后第一天相比、视力减退或更模糊。
- 恶心、呕吐、眼痛（带头痛或不带头痛）、特别是在手术后当天或手术后数天内。如有任何此类症状、请与手术医生联系、因为它可能与手术有关。

如有上述症状发生时：

- 上班时间请致电眼科中心：**206-598-4011**
- 或致电传呼接线生：**206-598-6190** 请接线生与当值的眼科医生联系。
- 如您无法与当值的眼科医生取得联系、则华大医疗中心的急诊室可协助您。急诊室的电话是：**206-598-4000**

您有疑问吗？

请电 206-598-4011

我们很重视您的疑问。当有疑问或顾虑时，请致电您的医生或医护人员。华大医院诊所的工作人员也可随时给您协助。

眼科中心：
206-598-4011

注意事项

请勿做任何会影响您眼睛复原的事。一般的常识就可知道什么活动会让眼睛过分出力。可依照下列事项来保护您的眼睛及帮助复原：

可做的事项：

- 继续服用手术前的处方药。包括阿司匹林及抗血凝的药。
- 可以沐浴或淋浴。可以洗头、但须避免肥皂或洗发精沾到眼睛。
- 看电视或阅读。此类的活动不会伤害眼睛。
- 轻松的家务。
- 非劳力的工作可在一周后上班。劳力的工作则在手术后一个月后上班。
- 手术后第二天请亲友开车带您来复诊。
- 可服用非处方药。但如您有咳嗽、呕吐或便秘等问题请与医生联系。

不应该做的事项：

- 碰撞到手术的眼睛。
- 揉眼睛。
- 向前弯腰。如您必须拾取物件、可先蹲下、头部保持在肩上。学习如何不低头来繫鞋带、穿袜子等等。
- 避免用力穿衣服或举推重物。手术后 3 至 4 周内勿提拿 10 磅以上的物件。
- 在医生说可以回复正常活动前、请勿参加激烈的活动或接触性的运动。

复诊

手术后要注意保护您的眼睛。按照预定的复诊时间来看医生。遵照术后指示。一般是手术后第二天、一周及一个月后复诊。

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Eye Center

Box 356163

1959 N.E. Pacific St. Seattle, WA 98195
206-598-4011



After Eye Surgery

Patient care instructions

This handout details what to expect and care instructions for after eye surgery, steps for putting in eye drops or ointment, and when to call the doctor or nurse, if needed.

Taking Care of Your Eye After Surgery

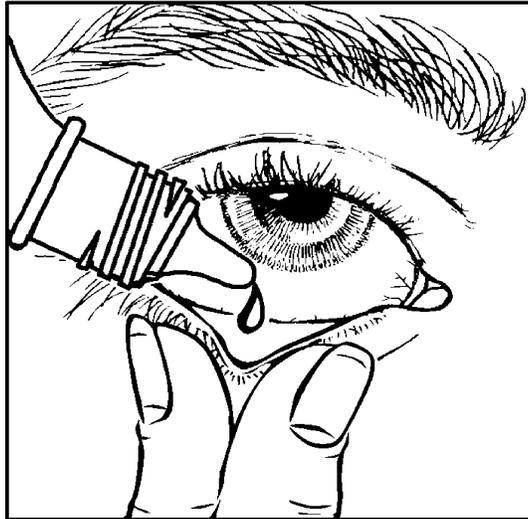
- If you were wearing a metal eye shield for protection while you were in the hospital, the most important thing you can do is prevent your eye from getting bumped.
- To help protect your eye during the night and when napping, wear your shield without an eye pad.
- During the day, your shield can be removed and you may use your glasses for protection.

What to Expect After Eye Surgery

- **Blurred vision** – that will improve with time. Your clearest vision will come after the eye has healed enough to prescribe new glasses, which are not prescribed until at least 1 month after surgery.
- **Scratchy feeling** – like something is in your eye.
- **Sensitivity** – to bright light. Sunglasses will help if this is a problem.
- **Swelling** – that will be mild and may also include redness of the eye and eyelids.

When Using Eye Drops or Ointment

1. Wash your hands with soap and water. Rinse and dry thoroughly.
2. Look up over the top of your head with BOTH EYES OPEN.
3. Pull your lower lid down while keeping your hand steady on your forehead.
4. Put a drop of medicine in the sac behind your lower lid.



Applying eye drops.

5. The tip of the dropper or ointment tube should not touch the eyeball itself.
6. Do not use more than 1 eye medicine at a time. Wait 5 minutes between medicines. If you are using both drops and ointment, use the ointment **AFTER** the drops.

If you put in your own drops, it may be easier to lie down. Ask a family member or friend to check and see if you are actually getting the eye medication into your eye. A mirror may be helpful if you are doing this alone.

Call Your Doctor or Nurse If You Notice:

- Any sudden onset of eye pain.
- An increase in swelling, redness or discharge from the eye.
- A decrease in the clearness of vision in the operated eye, as compared to your vision in the operated eye on the day of discharge from the hospital.
- Nausea, vomiting, aching eye pain (with or without headaches), especially on the day of surgery or in the first several days after surgery. If you have any of these symptoms, call your surgeon right away since they may be related to your surgery.

If any of these symptoms occur:

- Call the Eye Center at **206-598-4011** during the day.
- Or call the paging operator at **206-598-6190** and ask for the ophthalmologist on call.
- If you are not able to reach the doctor on call, University of Washington Medical Center Emergency Department will help you. Their number is **206-598-4000**.

Questions?

Call 206-598-4011

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff are also available to help at any time.

Eye Center:
206-598-4011

Follow These Tips

It is important that you do nothing that will interfere with the healing of your eye. Your common sense will generally tell you what activities might put too much strain on your eye. To protect your eye and promote healing, follow these dos and don'ts:

Do:

- Resume taking any drugs prescribed to you before your operation, including aspirin and anticoagulants.
- Take showers or baths. It is OK to shampoo your hair, but avoid getting soap or shampoo in your eye.
- Watch television or read. These activities will not damage your eye.
- Do light household chores.
- Return to sedentary employment within 1 week and to manual labor employment 1 month after surgery.
- Ask a family member or friend to drive you to your appointment on the day after surgery.
- Take over-the-counter medications and let your doctor know if you have problems with coughing, vomiting or constipation.

Don't:

- Bump the operated eye.
- Rub your eye.
- Bend over in the direction of your feet. If you must pick something up, bend your knees and keep your head above your shoulders. Learn to tie your shoelaces, put on your socks or stockings, etc. without bending over.
- Strain by trying to pull on difficult garments or lifting or pushing heavy objects. Do not lift objects heavier than 10 pounds for the first 3 to 4 weeks after surgery.
- Participate in strenuous activities or contact sports until your doctor tells you to resume all normal activities.

Your Follow-up Visits

After surgery, it is important to protect your eye, keep your scheduled follow-up appointments, and follow all of your doctor's care instructions. Follow-up visits are usually required the day after surgery, a week after surgery, and a month after surgery.

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Eye Center

Box 356163

1959 N.E. Pacific St. Seattle, WA 98195

206-598-4011