

Steps of using eye ointment

使用眼藥膏的方法

1. Wash hands with soap.



2. Use a clean cotton ball or cloth to clean the eye gently if there is any drainage or crusting.

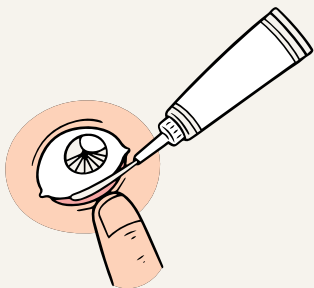
如眼睛有流眼水或結痂現象，請用乾淨的棉球輕輕將其拭去。

3. Lean the head backwards or lie down in bed.

頭部向後仰或躺臥床上。

• gently pull the lower eyelid downwards to form a pouch while directing your gaze upwards. Queue a small strip of ointment into the pouch with the other hand.

用手指輕輕把下眼瞼拉下成袋狀，眼向上望，手持藥筒，擠壓藥筒將眼藥膏滴入眼袋內。



閉上眼睛，然後輕輕眨眼數次或慢慢左右移動眼睛半分鐘，以幫助將藥膏均勻分佈在眼球上。

6. After keeping the eye closed for 1 to 2 minutes, use a clean tissue to wipe off any excessive ointment around your eye.

閉上眼睛 1 到 2 分鐘後，用乾淨的紙巾擦去眼睛周圍多餘的藥膏。

7. Initially your vision may be blurred, but will soon be cleared by blinking. Take care not to rub your eye.

NEVER DRIVE OR OPERATE MACHINERY WHEN VISION IS NOT YET RECOVERED.

初時你的視力可能會有點模糊，但很快就會通過眨眼來恢復。注意不要揉眼睛。

倘若視力尚未恢復，切勿駕駛或操作機器。



8. Close the cap of the eye ointment immediately after use. Do not rinse or wash the tip of uncapped tube.

用後必須立即蓋上筒蓋，切勿用清水洗濯沒有蓋著的藥膏。

9. Repeat step 3 to 7 if there are more than one type of eye ointment to be applied at the same time; there should always be a few minutes gap in between applications.

如要同時使用多過一種眼藥膏，請重複步驟三至七；使用期間應相隔數分鐘。

Ask someone else to apply the eye ointment for you if it is possible.

如有需要，請讓家人或其他人協助使用眼藥膏。

Do not let the tip of the tube touch the eye to avoid contamination or damage to the eye

切勿讓筒嘴接觸到眼睛或眼蓋，以免損害眼睛及污染筒管