



## Precautions 注意事項

Do not use the eye ointment if it is expired or discoloured.

切勿使用已過期或變色的藥膏。

Do not share your eye ointment with others to avoid cross contamination or delay of proper treatment.

為防止傳播病菌及避免耽誤病情，切勿將自己的眼藥膏給予他人使用。

Remove contact lenses before applying the eye ointment.

請在使用眼藥膏前將隱形眼鏡除下。

Please scan the QR code for information & instructions for Other Medications.

如欲索取其他藥物資料及指引，請掃瞄二維碼

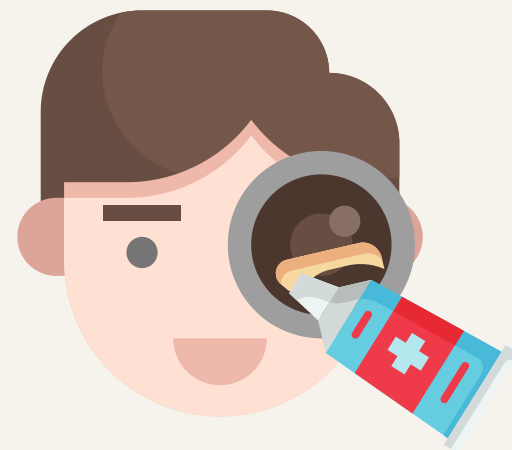


### Disclaimer 免責聲明

The above information provided is for reference only. Please consult your doctor or pharmacy staff if you have any queries.

此資訊只供參考之用。  
如有任何疑問，  
請向主診醫生或藥房職員查詢。

<https://www.hkbh.org.hk>  
Drug information hotline 藥物查詢熱線  
2339 8964  
PHARMACY DEPARTMENT 2022  
藥劑部 2022



## HOW TO USE EYE OINTMENT

## 眼藥膏的使用方法



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## Steps of using eye ointment

### 使用眼藥膏的方法

#### 1. Wash hands with soap.

用肥皂清洗雙手。

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

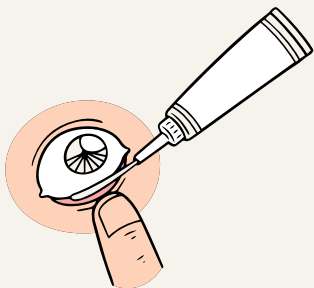
如眼睛有流眼水或結痂現象，請用乾淨的棉球輕輕將其拭去。

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

頭部向後仰或躺臥床上。

#### 4. Gently pull the lower eyelid downwards to form a pouch while directing your gaze upwards. Squeeze 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。



#### 5. Close your eyes and gently blink for a few times, or slowly roll your eyeballs for half a minute in order to help distribute the ointment evenly inside your eyes.

閉上眼睛，然後輕輕眨眼數次或慢慢轉動眼球半分鐘，令藥膏能平均分佈在眼內。

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

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. Beware not to rub your eyes.

**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。

**Seek assistance from others to apply the eye ointment for you if necessary.**

如有需要，  
請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