**Discharge Instruction Following Eye Surgery**

眼部手术的出院指导

**Do**

请做好以下几点

·Wash your eyelid gently with a cotton makeup pad or clean facecloth with luke-warm tap water.

·请用温水打湿化妆棉或干净的毛巾来清洗您的眼睑。

·Wear eye shield when showing, bathing or hair washing for one week.

·术后一周内，请在淋浴、泡澡或冲洗头发时戴上护目镜。

·Gradually increase your activity on the advice of your eye surgeon.

·请根据您的眼部医生的建议，逐渐增加您的活动量。

**Don’t**

请不要做以下几点

·Do not rub or bump the operated eye.

·请不要揉搓或是碰撞做过手术的眼睛。

·Do not get water in the eye.

·请不要让水进入眼睛。

·Do not put your head down below your waist for 2-3 days when bending over.

·手术后两到三天内，弯腰时请不要让你的头低过你的腰部。

·Do not strain or lift anything heavier than 10 kgs, for the first week, after surgery.

·手术后一周内，请不要提拉或是抬起超过 10 千克的东西。

·Do not swim, golf, or play contact sports until your eye surgeon says you can.

·在得到您的眼部医生准许之前，请不要进行游泳、打高尔夫或是其他接触类运动。

**How to put in eye drops**

如何正确地使用眼药水

·Put the drop into the space between the lower eyelid and the eyeball as shown in the picture below. If using more than one type of drop, wait 5 minutes between each bottle.

·如下图所示，请把眼药水滴在下眼睑与眼球之间的位置。 如需使用多种眼药水，每种之间需间隔5分钟。

Gently wipe away any drops or tears, from inside to outside corner of eye.

·请从内(眼角)向外轻轻擦拭多余的眼药水和眼泪。

**Contact your eye surgeon if**:

如果出现以下情况，请与您的医生联系:

·Your operated eye becomes very painful or swollen.

·您手术后的眼睛出现疼痛或是肿胀的症状。

·There is an increase in mucous discharge.

·眼睛的分泌物增加。

·There is a decrease in vision in your operated eye.

·您手术后的眼睛出现视力下降。