

WHAT TO EXPECT 手术后可能遇见的状况

- You might experience pain and discomfort at the area of concern for the first 24 to 48 hours after surgery. This can easily be alleviated with taking analgesic medications as prescribed.
在手术完成后的24至48小时，您的伤口可能会感到疼痛和不适。只要服用镇痛药物就可以缓解你的不适。
- If with minimal bruising, you may apply arnica or hirudoid cream 3x a day over the bruises.
如果见有少许瘀伤，您可在伤处涂抹Arnica 或 Hirudoid膏，每日3次。
- You might experience temporary blurring or double vision. This is normal within 24 to 48 hours after surgery.
您的视觉有可能会在手术后的24至48小时内暂时模糊或产生复视，这都是正常的。
- There may be minimal bleeding from the incision site which will eventually resolve after 24 to 48 hours. You can wipe them off gently with a clean tissue.
在手术后的24至48小时，您的伤处部位可能会造成少许的出血，只要使用干净的纸巾轻轻擦去就可。

POST OPERATIVE INSTRUCTIONS 手术后需要注意的

- Instill Tears Naturale eyedrops for eye discomfort; instill 1-2 drops to both eyes every 1-2 hrs as needed within the day and before bedtime for 7-10 days.
如果您的眼睛感觉有点不舒服您可以滴放天然眼药水；在睡前和醒来后每1到2小时往双眼里滴放1至2滴，请继续保持7-10天。
- Instill antibiotic eyedrops 30 seconds after tears naturale every 2 to 3 hours as prescribed.
在滴放抗生素眼药水30秒后每隔2至3小时滴放天然眼药水。
- Apply ice/cold compress on the area after the procedure to lessen swelling for the first 48 hrs.
手术后的48小时，在伤处进行冰敷/冷敷以减轻肿胀。
- Avoid washing the eyelids for 3 days.
手术后的3天内避免冲洗您的眼皮。
- Avoid smoking and drinking of alcoholic beverages for a month after surgery.
手术后一个月内避免吸烟和饮用酒精饮料
- Avoid strenuous activities and lifting of heavy weights 2 to 3 weeks after surgery.
手术后2至3周不可举起过重物品和避免做剧烈运动。
- Avoid exposure to direct sunlight for a month to prevent hyperpigmentation.
1个月内避免在阳光直射下暴晒，以防止色素沉着。
- Take the prescribed antibiotics and pain reliever.
服用处方的抗生素和止痛药
- Sleep elevated for 3 days. Two pillows under the head is enough.
手术后的3天，您得把两个枕头升高来睡。

CALL THE CLINIC AT 0920-966-5613 WHEN YOU ARE EXPERIENCING ANY OF THE FOLLOWING

当您遇到以下任何情况时，请致电诊所 0920-966-5613

- You have eye pain that does not get better after taking the prescribed pain medications.
如果您服用处方止痛药后眼睛还依然感觉疼痛。
- You have loose stitches, or your incision comes open.
伤口缝线有见松散，或切口似有打开
- Bleeding from the incision site doesn't stop.
切口部位有见出血不止
- Enlarging bruises associated with eye pain.
淤青在眼痛相关部位有扩散症状
- Loss of light perception.
丧失光感知觉症状
- If you develop fever 24 to 48 hours after the surgery.
如果您在手术后24到48小时出现发烧症状