National Healthcare Group
PHARMACY
Adding years of healthy life

use your **eye ointments**
the right way

正确使用眼药膏

1. Wash your hands with soap and water before you apply the eye ointments.
请用肥皂与清水洗手。

2. Read the instructions on the label.
详阅标签上的说明。

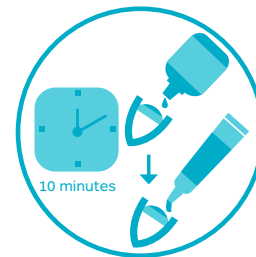3. Sit with your head tilted backward and look up.
坐定后把头部向后倾，眼睛往上看。

4. Using a finger, gently pull down the lower eyelid to form a pocket.
用一根手指把下眼皮往下轻拉，使它形成袋状。

5. Squeeze the ointment along the inside margin of the lower eyelid. Do not touch your eye with the tip of the ointment tube.
沿下眼皮内缘挤出软膏，不要使软膏管的顶端接触到眼睛或眼皮。

6. Gently close your eyes and keep them closed for 1-2 minutes. With a piece of tissue, wipe off any excess ointment from your eyelids and eyelashes.
轻轻闭上眼睛，保持现状一至两分钟。用纸巾抹去眼皮和睫毛上多余的眼药膏。

7. If you have to apply both eye drop and eye ointment, apply the eye drop at least 10 minutes before the ointment. Do NOT apply the ointment first, this affects the absorption of the eye drop.
若需要同时使用眼药水和眼药膏，请在滴完眼药水十分钟后才使用眼药膏，不能先用眼药膏，这会影响到眼药水的吸收。

8. Your vision may be temporarily blurred after using eye ointment. Avoid activities that require good visual ability (eg. driving) until your vision clears.
使用眼药膏后，视力可能出现暂时性模糊。避免需要好视力的活动（例如：驾驶）直到视觉恢复清楚。

10 minutes