

DRY EYE CARE

Small daily habits can make your eyes feel better.

Dry eye can cause redness, burning, grittiness, watering, or blurry vision that comes and goes. Regular care helps keep the eye surface comfortable and also optimizes your vision.



Artificial tears

Use 1 drop in each affected eye 4 times daily, or as directed. Choose **preservative-free** drops if you need them more than 4 times daily. Avoid drops marketed to “get the red out.” Wash your hands; do not touch the bottle tip to your eye.



Hot compresses - comfortably hot, never scalding

Place a clean heated eye mask or compress over closed eyelids for **5-10 minutes, once or twice daily**. It should be more than lukewarm, but must not burn. Test it on your wrist first and follow the mask's heating instructions. Rewarm a cloth as needed.



Clean your eyelids gently

If you have crusting or blocked oil glands, gently clean the lash line once daily with an eyelid wipe or cleanser recommended by your eye doctor. Keep cleanser out of your eyes. Do not scrub or press hard.



Blink, take breaks, and avoid dry air

Take regular screen breaks and blink fully. Keep fans and air vents away from your face. A clean humidifier may help. If symptoms persist, ask your eye doctor about prescription drops or other treatments.

AFTER AN EYE INJECTION

Irritation or pain can occur, often from exposure to the Betadine antiseptic, and dry eye may worsen discomfort. Keeping your eyes closed as much as possible and using artificial tears regularly can help. Contact your eye doctor promptly for symptoms including **severe or worsening pain or decreased vision** - especially if symptoms are still significant the next morning.

CHOOSING SUPPLIES

Look for preservative-free artificial tears, a reusable heated eye mask, and eyelid wipes if advised. Equivalent products are available at pharmacies; no specific brand is required.



乾眼症護理

每天的小習慣，讓眼睛更舒適。

乾眼症可能導致眼紅、燒灼感、異物感、流淚，或時好時壞的視力模糊。堅持日常護理，有助於保持眼表舒適，並改善視覺品質。



人工淚液

每隻患眼每次滴1滴，每天4次，或遵醫囑。如果每天需要使用超過4次，請選擇不含防腐劑的人工淚液。避免使用宣傳“去紅血絲”的眼藥水。使用前洗手，不要讓瓶口接觸眼睛。



熱敷：溫熱舒適，切勿燙傷

將乾淨的加熱眼罩或熱敷布放在閉合的眼瞼上，每次5-10分鐘，每天1-2次。溫度應高於微溫，但不能燙傷皮膚。先在手腕上試溫，並遵循眼罩的加熱說明。毛巾冷卻後可重新加熱。



輕柔清潔眼瞼

如果有結痂或瞼板腺堵塞，可使用眼科醫生推薦的眼瞼清潔濕巾或清潔劑，每天輕柔清潔睫毛根部一次。避免清潔劑進入眼睛。不要用力擦洗或按壓。



充分眨眼、適時休息，避免乾燥氣流

使用螢幕時定期休息，並充分眨眼。避免風扇和空調出風口直接吹向面部。保持清潔的加濕器可能有幫助。如果症狀持續，請諮詢眼科醫生是否需要處方眼藥水或其他治療。

眼內注射後

注射後可能出現刺激感或疼痛，常與接觸聚維酮碘（Betadine）消毒劑有關；乾眼症可能加重不適。盡量閉眼休息，並規律使用人工淚液，有助於緩解症狀。如果出現嚴重或加重的疼痛，或視力下降，請立即聯繫眼科醫生，尤其是第二天早晨症狀仍然明顯時。

護理用品選擇

可選擇不含防腐劑的人工淚液、可重複使用的加熱眼罩，以及醫生建議使用的眼瞼清潔濕巾。藥店有類似產品，無需指定品牌。

