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ISO 9001:2015 FS66763

仁安醫院分科診所 (尖沙咀)

Union Hospital Polyclinic (Tsim Sha Tsui)

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CCM/SOP-CP-1812

白內障手術須知 Points to Note for Cataract Surgery

手術前 Before operation:

- 患有嚴重疾病，如高血壓、糖尿病、心臟病、對藥物敏感等，都應知會主診醫生
Tell the surgeon about your medical history, such as hypertension, diabetes, heart disease, drug allergy etc.
- 長期服藥者，應照常服藥
Continue all currently used medication unless requested to stop by the surgeon
- 可向醫生查詢有關手術內容
Consult your surgeon for more surgical information

手術後 After operation:

- 多休息
More rest is encouraged
- 不可自行將紗布打開
Keep eye patching intact
- 避免擦眼或作劇烈運動
Avoid rubbing eyes and heavy exercise
- 遵照醫生吩咐，定時用藥和覆診
Follow the instruction for medication and follow-up care
- 如遇突然劇痛、紅腫、視力急劇下降，應儘快向主診醫生求助
Consult your surgeon immediately if you have severe eye pain, swelling or sudden lost of vision

尖沙咀分科診所手術室

Operation theatre at Tsim Sha Tsui Polyclinic



尖沙咀分科診所手術室配備現代化的超聲波乳化機及先進儀器可提供白內障手術

Operation theatre at Tsim Sha Tsui Polyclinic equipped with advanced surgical instruments

手術可能引發的併發症 Potential Complications of Cataract Surgery

手術成功率非常高，超過九成半的病人的視力可得到改善，但亦有小部份病人於手術後出現以下併發症：

The success rate of cataract surgery is high, with over 95% of cases achieving a good result with improvement in vision and quality of life. However, complication can occur. The followings are the potential serious examples:

- 晶體囊膜破裂，甚至白內障核心掉進玻璃體，可能引致不能植入人工晶體和需要再做手術。
Rupture of lens capsule with lens fragment stay in vitreous humour. Second operation may required for complete removal of the lens fragment and implantation of the intraocular lens.
- 細菌感染是一種不常見但十分嚴重的併發症，一旦發生，視力將嚴重受損。
Eye infection
- 青光眼、視網膜脫落、出血、虹膜受損等。
Glaucoma, retinal detachment, bleeding, iris injury, etc.

有時手術成功後，後囊膜於數月或以後有機會變厚，而再次令視力下降，需要利用一種特別的激光儀器令視力回復清晰。

Some patients may have blurring of vision sometime after a successful cataract surgery. It is due to hickening of the lens capsule. Simple laser treatment can help to regain vision.

白內障 摘除手術

Cataract Surgery

什麼是白內障

What is cataract?



白內障是一種常見的眼疾，為香港三大致盲殺手之一。當眼睛內清晰透明的晶體變得混濁，使觀看事物模糊不清，便是白內障。

Cataract is a common eye disease and is among the top three leading cause of blindness in Hong Kong. Cataract is a clouding of the lens in the eye that affects vision.

白內障的成因

Why do we have Cataract?

白內障的主因是晶體隨著年齡的增長而老化，此外糖尿病、眼外傷、眼內炎症、藥物和先天性因素等亦會引致白內障。

Most cataracts are related to aging, but they can also develop in people with diabetes, eye injury or inflammation. Certain medication and congenital factors may also result in cataract formation.

白內障的徵狀

Symptoms of Cataract

早期的白內障是不會有任何徵狀，但當白內障的情況變得嚴重時，便會有以下病徵：

Patients with early cataract can have no visual symptoms. But as they progress, they have:

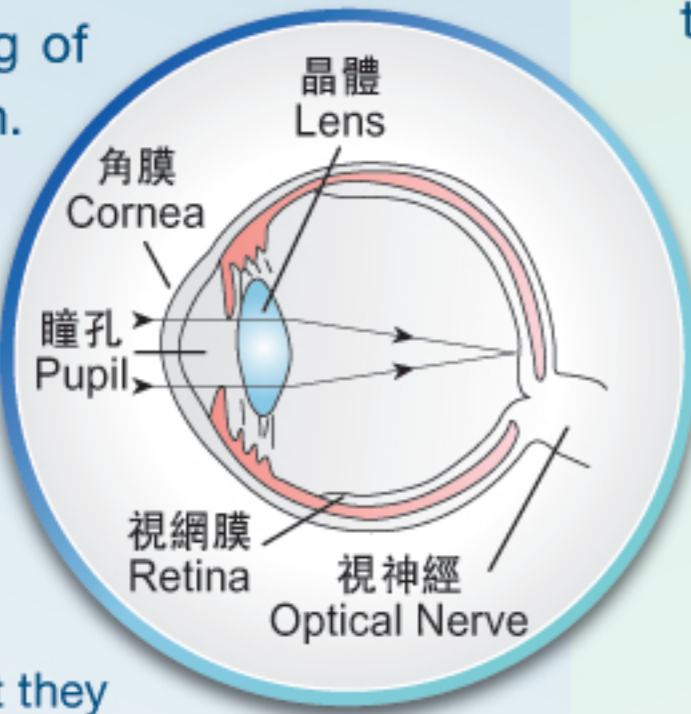
1. 視力模糊
blurring of vision
2. 眼睛容易疲倦
eye fatigue
3. 畏光
glare
4. 眼鏡度數轉變頻密
frequent changes in refraction
5. 對強光敏感，視力隨光線明暗而有所變化
sensitive to lights with variable visual disturbance

白內障的治療

Treatment for cataract

手術是唯一治療白內障的方法。到目前為止，沒有證據顯示藥物或眼藥水可治療或預防白內障。早期的白內障對視力不會構成很大的影響，但當病情漸重至影響患者的日常工作或生活時，便須與醫生商討，決定是否需要接受手術。

Surgery is the only treatment of choice. At the moment, there is no proven effective topical or oral medication in preventing cataract formation or progression. During the early stages, patient may not be too aware of it. But as the cataract progress, it can significantly affect patient's work and daily activities. It is the time to consult an eye specialist for the consideration of cataract surgery.

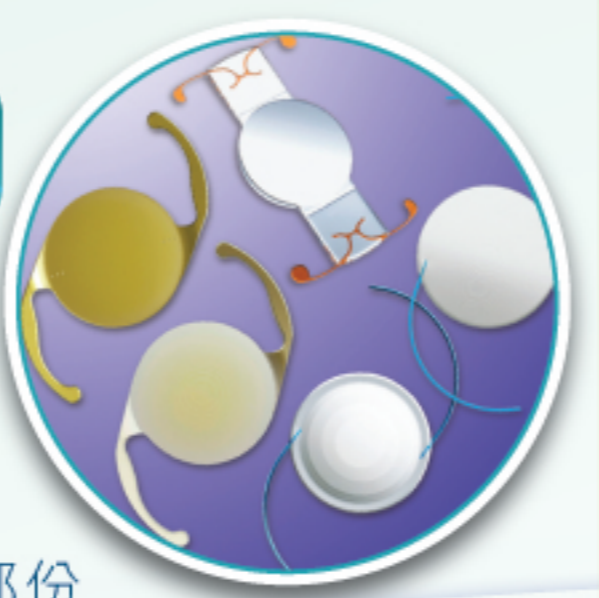


人工晶體

Intraocular Lens

多焦點人工晶體是較新的技術，可提供遠和近焦點，因此病人無論遠或近都可看得到。不過，此晶體始終不是天然的眼球結構，手術後有部份病人會看到景象旁邊出現影子，晚上望向燈光亦可能見到眩光。這些情況一般輕微，不久便會習慣。

矯視散光人工晶體可為病人在接受白內障手術的同時減少散光。有散光的人士如選擇植入一般的單焦人工晶體，手術後散光通常仍然存在，需佩戴散光眼鏡輔助，如植入矯視散光人工晶體，則可減少高達數百度的散光。



Multi-focal intraocular lens (IOL) is a relatively new type of IOL which allows focusing of both distant and near. Because of this, patients can see both distant and near clearly. Nevertheless, this IOL is not a part of the normal human eye. Following implantation of the IOL, some patients may be seeing halos when focusing at objects and glare at night. These symptoms are usually mild and patients usually get used to it shortly.

Toric intraocular lens (IOL) implantation allows correction of astigmatism and cataract extraction at the same setting. If patients with astigmatism receive implantation of the usual mono-focal IOL, the astigmatism usually persists following cataract operation which has to be corrected by spectacles. On the other hand, implantation of a toric IOL can correct up to a few dioptres of astigmatism.

最新白內障摘除手術

Latest Development in Cataract Surgery

白內障手術是一種非常普遍及成功率高的微創眼部手術，以往的白內障摘除手術因為要配合放置硬的人工晶體，傷口會有8-10毫米，手術後需要縫針甚至拆線。

現時新式的白內障手術是利用超聲波震碎白內障及將之吸出，並且配合可摺疊的軟式人工晶體，只要小至大約2毫米的傷口，便可把軟式人工晶體放入眼內，人工晶體會溫和地在眼內自動展開直到恢復原狀。在大多數情況下，醫生只需替病人滴上局部麻醉藥水，便可進行手術，而且毋須縫針。優點是減低手術引致的併發症，例如是由手術引起的散光機會較少，視力亦可迅速康復，而新式人工晶體更可同時改善老花及散光。

其實，白內障不需要等到成熟時才動手術，只要對日常生活構成影響，就可以考慮接受手術。



Cataract surgery is a common operation with relatively high success rate. In the past, most cataract operations were performed through an incision of 8 to 10 mm long. After extracting the cataract and implanting the artificial lens, wound repairing with stitches were inevitable.

With the advancement of technique and technology, cataract surgery can be performed by small incision phacoemulsification technique. The cloudy lens is first emulsified into tiny fragments, and then sucked out by the ultrasonic probe. A foldable intraocular lens is then implanted into the eye through the same wound with about 2 mm long. In most of the cases, operations are performed under topical anaesthesia and usually stitches are not necessary. The merit of this surgical technique is rapid recovery and low induced astigmatism. Currently, there are options of intraocular lens for correcting various type of refractive error in conjunction with cataract operation.

Concerning the timing of cataract surgery, one can consider whenever his/ her daily activities are affected by the reduced vision. In fact, the more mature and dense the cataract, the more difficult and risky the operation.

眼科手術套餐

Ophthalmic Operation Package

晶狀體乳化 + 人工晶體植入術 (非住院)
Phacoemulsification + Intra Ocular Len Implantation (Out-patient)

仁安醫院及尖沙咀分科診所均提供白內障摘除手術
Both Union Hospital and its polyclinic in Tsim Sha Tsui provide cataract surgery to patients