

Cataract Surgery. Bringing clarity to life.

**Your patient has undergone cataract surgery and
has been prescribed eye drops.**

This information is intended to provide your patient with some clarity on how to use their eye drops and take care of their eyes after undergoing cataract surgery.

Indlela yokusebenzisa amathontsi okunyangama mehlo

Ukuze ufumane iinzuzo ezisemagqabini kunyango lwakho oluyalelweyo, kufuneka uwaxabise amayeza akho amehlo ngendlela efanayo namanye amayeza.¹

- Sebenzisa amathontsi okunyangama mehlo akho kanye ngale ndlela oxelelwe ngayo²
- Sukufaka ngexesha elinye amathontsi okunyangama mehlo angaphezulu kunalowo uwaxelelweyo²
- Sukusebenzisa amathontsi okunyangama mehlo kangangexesha elide kunelo ulixelelweyo²

Amanyathelo alula asi-7 okusebenzisa amathontsi okunyangama mehlo



1. Hlamba izandla zakho ngamanzi ashushu nesepha. Zosule ngetawuli ecocekileyo.^{2,3,4}



2. Susa isiciko esivale ibhotile. Ungawubambi umlomo webhotile.^{2,4}



3. Qethukisa intloko yakho ngasemva uhleli phantsi, umile, okanye ungqengqile ukuze ube ngathi ujonge kwisilingi.^{2,3,4}



4. Umnwe wakho wokukhomba wubeke kwindawo ethambileyo ezantsi nje kancinci kwemisebe engezantsi yelihlo, uze ngobunono ulitsalele ezantsi ukuze lenze ipokotho. Faka ithontsi elinye kwipokotho engezantsi yelihlo lakho. Ungaqhwanjazi, ungosuli ilihlo lakho, okanye ungayibambi incam yebhotile eselihlweni lakho okanye ebusweni bakho.^{2,3,4}

Incama yebhotile yokukhuphela amathontsi yakhiwe ngendlela yokuba ikhuphe ithontsi elinye ngexesha ngalinye kwaye kufuneka ucudise kumazantsi ebhotile (A), okanye ngobunono cudisa emacaleni ebhotile (B)⁵



5. Vala ilihlo lakho. Usebenzisa umnwe wakho, cinezela ngamandla apho idibana khona imisebe nempumlo ube uwavalile amehlo akho. Qhubeka ucinezele ngamandla imizuzu 1 ukuya kwemi- 3.^{2,3,4}



6. Hlamba izandla zakho ukuze kusuke nawaphi na amathontsi asenokuba asalele kuzo.^{2,3}



7. Ukuba ufaka ngaphezu kwethontsi elinye okanye usebenzisa olunye uhlobo lwamathontsi okunyangama mehlo ngaxeshanye, linda imizuzu emihlanu ngaphambi kokuba ufake olunye uhlobo lwamathontsi amehlo.⁶

Ii-contact lenses azimele zisetyenziswe xa usebenzisa amathontsi amehlo, nceda uthethane nogqirha wakho wezempilo malunga noku, uqonde ukuba ungakwazi na ukufaka ii-contact lenses kunye namathontsi amehlo owanikiweyo.⁷

Amacebiso asi-8 emva kokwenza utyando lwamehlo.⁸



1. Sukuqhuba inqwelo kusuku lokuqala.



2. Sukuphakamisa naziphi izinto ezinzima okanye wenze imisebenzi emandla kangangeeveki ezimbalwa.



3. Ngokukhawuleza emva kwale nkqubo, kuphephe ukugoba, ukuze uthintele uxinzelelo olumandla kwilihlo lakho.



4. Ukuba kunokwenzeka, sukuthimla okanye ugabhe emva nje kokuba wenze utyando.



5. Kulumkele ukuhambahamba emva kotyando, yaye ungagili iminyango okanye ezinye izinto.



6. Ukuze unciphise umngcipheko wentsholongwane, kuphephe ukuqubha okanye ukubhafa emanzini atshisa kakhulu ebudeni beveki yokuqala.



7. Amehlo akho angachanabeki kwizinto ezihluphayo ezifana nobumdaka, uthuli nomoya kwiiveki ezimbalwa zokuqala emva kutyando.



8. Sukulityikitya ilihlo lakho, emva kotyando.

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