

Every year, more than a few hundred patients require corneal transplant to correct their vision.

What is Corneal Transplant?

Corneal transplant is the exchange of a diseased cornea with a healthy cornea.

Pre-operative Care

- A written consent is required
- Fasting for 6-8 hours is required

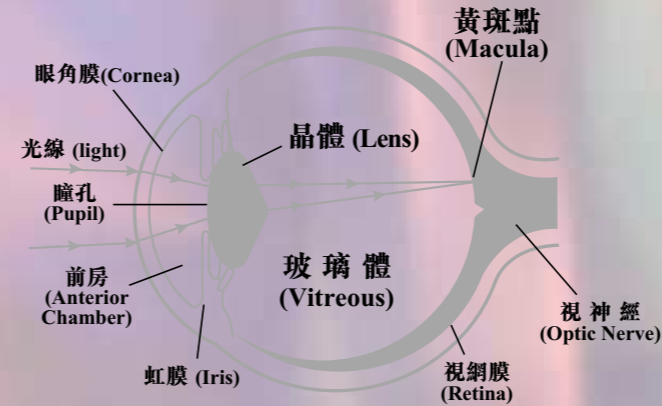
Post-operative Care & Advice

- The operated eye may be more sensitive to light. You can wear sunglasses to minimize discomfort
- Have a fiber rich diet. Avoid constipation which leads to excessive straining of the eye during defecation
- Follow doctor's instructions and apply eye medications regularly to avoid rejection
- Do not rub the operated eye
- Avoid keeping a head-down position during shampoo. This can prevent water getting into the eye that can irritate the wound
- Avoid lifting heavy objects or performing strenuous exercise such as weight lifting; playing squash or soccer so as to prevent excessive straining or injury to the operated eye
- Attend follow-up visits on due dates
- If you have sudden redness and swelling of the eye; sudden pain in the eye; sudden blurring of vision or photophobia, please seek medical advice immediately

Complications

- **Rejection:** The normal cornea contains no blood vessels, therefore the chance of rejection is relatively low. Success rate is quite high. Nevertheless, any foreign tissue that is transplanted from other people may be rejected. This is most likely to appear within the first year of operation. If rejection is detected early, it may be successfully treated with steroid
- **Glaucoma:** Increase in intra-ocular pressure will cause damage to the optic nerve and cornea. In serious conditions, permanent visual impairment may result. It can be treated with medications or laser surgery.
- **Loose stitch:** Loose stitch irritates the cornea and induces neovascularization or even corneal ulcers. When necessary, the doctor can remove the irritating stitch to improve the condition. Special contact lens can be used to promote wound healing.
- **Astigmatism:** This is the commonest condition after the operation. It can be improved by adjusting the tension of the stitches or by wearing corrective lens
- **Infection:** Symptoms include sudden redness of the eye, swelling, pain, purulent discharge and blurring of vision. It can be treated with antibiotics.

Should you have any queries, please consult your doctor during follow-up



眼球縱切面圖

醫管局 (港島區) 聯網眼科服務簡介

進入廿一世紀，整個港島區的眼科服務進行了整合，透過三院（東華東院、瑪麗醫院及東區尤德夫人那打素醫院）眼科部門的協作，成立醫管局港島眼科服務聯網，提升眼科臨床醫護的水平及效率，為港島市民提供優質現代化眼科醫療服務。

我們各醫院的眼科專業人員，包括眼科醫生、護士、視光師及視覺矯正師等等，組成一支強大的眼科專業醫療隊伍，為市民提供全面的眼科服務。此外，我們亦負責策劃和推行區內眼科服務的長遠發展，並培訓眼科醫護專職人員，提升市民的健康質素。

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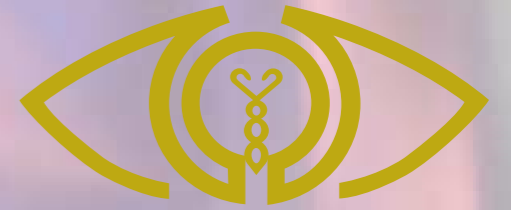
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眼角膜移植

CORNEAL TRANSPLANT

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簡介

什麼是眼角膜

眼角膜是眼睛最前端一層透明薄膜，形狀如隱形眼鏡，透明的眼角膜可讓光線進入眼睛觀看影像。角膜內有大量感覺神經，對極輕微的刺激也很敏感，會立即產生反射性閉眼動作，以保護眼睛。

眼角膜的結構

一般成年人的眼角膜直徑約11毫米，中心厚度約0.5毫米。一片眼角膜由五層組織合成，其中健康的內皮細胞是眼角膜移植手術成功的必要因素。健康的內細胞呈六角形，大小一致。成年人的內皮細胞密度由每平方毫米有2000至4000個，隨著年齡增長或眼疾影響，細胞數目會逐漸減少。

眼角膜病變

眼角膜就好像車頭的擋風玻璃，被污漬弄穢，或者被石塊打碎，都需要清洗或更換。當眼角膜出現混濁，疤痕或穿破時，便不能清晰地看到東西，甚至失明。從而影響日常生活，容易產生意外。現時本港估計有數千名人士，有不同程度的眼角膜受損，成因包括眼角膜退化，細菌感染或工業意

外等。每年均有數百名病人其受損情況嚴重，需要進行眼角膜移植手術恢復視力。

什麼是眼角膜移植？

眼角膜移植是將健康的眼角膜植入代替病變的眼角膜。

準備工作

- 需簽署手術同意書
- 需禁食六至八小時

護理和建議

- 手術後眼睛對光線較敏感，外出時應配戴太陽眼鏡，可減少眼睛不適
- 應多吃蔬果，避免便秘，以免如廁時眼睛內的壓力增大
- 需遵從醫生指示，定時滴眼藥水(如皮質類固醇)或搽眼膏以減低排斥
- 不要直接擦眼睛
- 洗頭的時候，避免俯身的姿勢，防止洗頭水入眼，刺激傷口和眼睛
- 避免拿重物件或俯身拾東西，因此類動作均會令眼睛內的壓力增加。
- 避免做劇烈運動，如舉重，踢足球及打壁球等，以減低眼睛受撞擊的機會
- 請依時覆診
- 如果出現眼睛突然紅腫、赤痛、模

糊及對光線的敏感程度突然加劇的徵狀，須立即找醫生治療

併發症

- **排斥**：正常眼角膜是沒有血管的，所以排斥機會較低，手術成功率頗高。但所有異體移植的組織都有可能出現排斥。這通常在手術後一年內出現。若及早發現，可以用類固醇藥物等抑制
- **青光眼**：可引致眼壓過高，會損害視覺神經及眼角膜，嚴重者會使視力永久受損。可用藥物或激光手術等治療
- **針線鬆脫**：針線鬆脫會刺激眼角膜的表層，使血管增生，甚至出現潰瘍。只要及早拆除縫線，情況可以改善。若傷口癒合出現問題，亦可配戴特製的隱形眼鏡
- **散光**：是最常見的術後情況，可重新調整手術線鬆緊程度，或配戴眼鏡來矯正散光
- **發炎**：病徵包括眼睛突然出現紅、腫、痛或流膿，甚至視力模糊，可用抗生素控制

如有其他疑問，可於覆診時向醫生查詢

CORNEAL TRANSPLANT

What is Cornea?

Cornea is the clear, transparent membrane at the front part of the eye. It acts as a strong refracting apparatus and looks like contact lens. Its transparency allows light to go into the eye. The cornea has a large number of nerve cells and is very sensitive. Even a slight stimulus will cause the eyelids to close. This is a defense mechanism to protect the eye.

Structure of the Cornea

In general, the diameter of an adult's cornea is about 11mm and is thinner at the centre (0.5mm). It consists of 5 layers, the most important one is to have healthy innermost endothelial cells which are essential for successful transplant. Each endothelial cell is hexagonal in shape with equal size. In general, the number of endothelial cells in an adult varies from 2000 to 4000. The number decreases with age or with eye diseases.

Pathological Changes of the Cornea

The cornea is like the windshield of a vehicle. When it is dirty or broken, it requires cleaning or changing. When the cornea loses its transparency, or with scar, the vision will be affected or seriously impaired. This may affect the daily life. In Hong Kong, a few thousands of people per year suffer from different levels of cornea diseases as a result of cornea degeneration, infections or industrial accidents.