


## Additional Notes

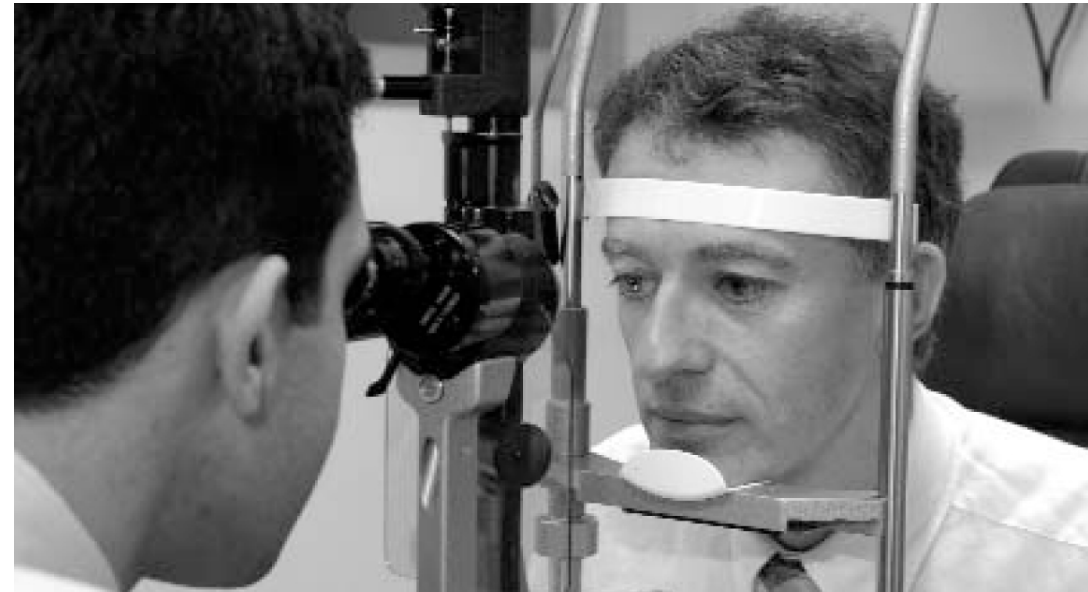
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# Concretions





## The Eye Unit

Information and advice for patients  
about Concretions

### Department opening times:

Mon-Sat **8am-6pm**, Sunday **8.30am-2pm**  
and bank holidays **8.30am-6pm**

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## What are Concretions?

Concretions are small yellow/white patches in the conjunctiva (this is a layer that covers the white of the eye and lines the insides of the upper and lower eyelids).

Concretions can be found under the upper or lower eyelids in one or both eyes.

The concretion is made from keratin, a protein that comes from hair or skin.

## Why do you get concretions?

You may get concretions as a result of having conjunctivitis a number of times. You can also get them as a result of the ageing process. But most of the time they occur for no particular reason.

## What are the signs and symptoms?

Most people who have concretions do not know they even have them. Usually they sit deep in the conjunctiva. But if they break through and start rubbing on the surface of the eye they can cause irritation or a foreign body sensation of having something in the eye.

## What is the treatment?

If they are not causing any problems then they are usually left alone. If they are causing irritation the nurse or doctor can remove them.

This is done by putting an anaesthetic drop in your eye and removing the concretion with a needle or forceps.

Sometimes the conjunctiva oozes a bit of blood but don't worry about this as it will settle.

Afterwards you may need to use some antibiotic ointment or drops to settle the eye and prevent any infection.

## Remember...

- always wash your hands before and after touching your eye/s
- always finish the course of treatment if you have been prescribed medication, even if your symptoms have improved
- always have regular eye checks with your Optometrist
- always protect your eyes with goggles or glasses when carrying out DIY or using any power equipment
- if you splash anything into your eye always rinse with plenty of tap water and seek medical advice
- never use anyone else's medication (this includes eye-drops)

For further information and advice please contact:

**Emergency Helpline: 0300 019 4181**

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and bank holidays 8:30am-6pm.**