

## 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 eyedrops)

# Corneal Abrasion




## The Eye Unit

Information and advice for patients  
about Corneal Abrasions


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## What is a Corneal Abrasion?

A corneal abrasion is a scratch on the front of the eye (the clear part of the eye called the cornea) caused by something hitting or poking the eye; e.g. fingernails, hairbrush, twigs.

## Is it painful?

It is painful and often feels like there is something under the upper eyelid. You may also have a watering, red eye and blurred vision.

## What will happen to me in the Acute Referral Clinic?

When you arrive we may put an anaesthetic eye drop in your eye to give you some pain relief while we examine your eye. We cannot give you these drops to take home as they stop the eye from healing well. The nurse or doctor will then examine your eye using a drop of fluorescein (yellow dye) to show how large the scratch is.

## What is the treatment?

This will depend on how large the scratch is. If it is small and not deep, one dose of antibiotic ointment will be put in your eye. For larger abrasions we may put a drop in to relax the eye and ease some of the pain, this will make your pupil (the black part of your eye) larger and you may not be able to focus on close work for a day or so until the effect wears off.

You may also be given antibiotic ointment or eye drops to use for a week or so.

Research has shown that a corneal abrasion heals just as well without a pad, however, if you feel a pad would help to make your eye more comfortable, nursing staff will put a pad on for you.

Painkillers and rest may be advised to help with the pain. Please use your normal pain relief. Many patients find either Paracetamol or Ibuprofen useful.

We may ask you to return for a check after 24-48 hours so that we can see if the eye is healing.

Some corneal abrasions can cause an inflammation inside the eye, if this happens we will ask you to come again to check the inflammation has settled.

In a very small number of people, the corneal abrasion does not heal smoothly and may open up again. This is called a recurrent corneal erosion.

If you get any of these symptoms:

- Sudden pain in the eye that had the injury, often on waking in the morning
- Watering and light sensitivity
- Blurred vision

Then call the eye unit Acute Referral clinic helpline for advice and more treatment.

This can happen within weeks, months or even years after the corneal abrasion.

## For further information and advice please contact:

**Emergency Helpline: 0300 019 4181**

**Mon-Sat 8am-6pm,**

**Sunday 8:30am-2pm**

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