

- 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

**Mon-Sat 8am-6pm, Sunday 8:30am-2pm
and bank holidays 8:30am-6pm**

Foreign Body Removal



The Eye Unit

Caring for your eyes after a foreign
body has been removed

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Foreign body removal

You have had a foreign body (fb) removed from the surface of your eye.

In order to remove the particle the doctor, or nurse, has put some anaesthetic eye drops in your eye. These numb the surface of the eye for about 20 minutes.

After this time, your eye may feel sore again, but it should heal with the treatment and feel better in about 24 to 36 hours.

Treatment

Once the foreign body has been removed, the treatment may include the following:

- Eyedrops to enlarge the pupil of the eye. This helps relieve some of the pain you may experience and helps to 'rest' your eye. The drops may blur your vision for about 24 to 48 hours
- An antibiotic ointment to prevent infection in the eye. This also helps to loosen up any deep rust particles, if present
- Your own pain-killing (analgesic) tablets may be taken to relieve the discomfort. An example is Paracetamol tablets

Follow up treatment

You may be asked to attend again for a check-up to ensure that your eye is healing well.

If the particle in your eye was rusty metal, it is not always possible to remove all the rust on one day. The doctor or nurse may ask you to attend for further treatment another day.

Advice

You may need to take some time off work while your eye heals. Occasionally it is necessary to pad the eye.

You should avoid driving if you have to wear an eye patch.

How can you help to preserve your sight?

If you have to work in a hazardous environment where smoke, dust and fumes are in the air, you should insist on wearing protective goggles.

Even when working in the garage, pruning bushes or spraying to combat pests, protective goggles can help to prevent injury.

Kitchens also have their hazards and many cleansing fluids can be harmful if accidentally rubbed or dropped in the eyes.

On-the-spot treatment is very simple - splash plenty of tepid water from the tap into your eye. You should do this for 10-15 minutes. Any complications should be reported to your General Practitioner (GP) or you may need a trip to the Eye Unit.

Please ring first for an appointment as we now operate an appointment system to avoid long waits and delays in the department.

A regular visit to your local Optician is recommended. Serious eye disorders are often spotted during routine tests for new glasses.

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