

Additional Notes

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# Pain After Eye Injury

## The Eye Unit Patient Information

**The Eye Unit**, The Royal Bournemouth Hospital,  
Castle Lane East, Bournemouth, Dorset, BH7 7DW

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When the surface of your eye is damaged, the nerve endings are exposed which causes pain.

A local anaesthetic drop may be put into your eye by the nurse or doctor when your eye is examined. This usually stops the pain but will only last a short time. We cannot give you these drops to take home as it can prevent the eye from healing.

Sometimes a drop is given which makes the pupil (the round black part of the eye) larger. This prevents the iris (the coloured part of the eye) from going into spasm which causes pain. You may experience some blurring of your vision because of the enlarged pupil, but this is temporary.

A pad may be applied to your eye if you find that keeping your eye closed is less painful.

At home you can take your own painkilling tablets for the relief of pain, but do take them regularly.

Some people find other methods of coping with pain such as:

- sitting in a darkened room
- wearing dark sunglasses to protect your eye from the daylight
- warm or cold compresses to the eye
- being as active as possible

Usually eye/corneal pain settles within a period of 12 - 24 hours but this will depend on the injury and your own pain threshold.

If you have any further enquiries, please consult the nursing staff at the Bournemouth Eye Unit.

Tel: **0300 019 4181**

## 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).