

Additional Notes

Recurrent Corneal Erosion

The Eye Unit


Telephone contact number:
Eye Unit Acute Referral Clinic
Helpline: **0300 019 4181**

Department opening times:
Monday to Friday **8am-6pm**,
Weekends and bank holidays **8.30am-6pm**



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What causes Recurrent Corneal Erosion?

The cornea is the clear surface of the eye; it is made up of five layers. If it is scratched it is very painful but heals quite quickly (usually within one to three days) without problems. In a small number of people the deeper layers of the cornea have been damaged which can lead to a Recurrent Corneal Erosion.

What are the symptoms?

The symptoms of this are similar to that of the original injury - acute pain, sensitivity to light and watering. Symptoms are most likely to occur on waking, during sleep or when the eyelids are rubbed or opened and can occur months or even years after the original injury.

In less severe attacks the symptoms may resolve very quickly without treatment but may come back frequently. If you have any of these symptoms, please contact the Eye Emergency department so that we can examine your eye and start treatment.

Is there any treatment?

The initial treatment is to make sure that the corneal surface is fully healed using antibiotic ointment and possibly eye drops to enlarge the pupil for one to three days.

Over the next three to six months it is important that the cornea is well lubricated, this involves using eye ointment each night (and sometimes drops and/or ointment during the day). This is important to prevent further episodes. For most people this course of action is sufficient but if you have more problems the doctor or nurse will discuss other possible treatment with you.

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)