

Emergency Department Discharge Advice

Corneal Abrasion

A corneal abrasion is a scratch on the clear part of the front of the eye.

Abrasions are very painful because there are many nerves that supply the cornea. The pain gets better as your eye heals, but this can take between 24 and 48 hours. If the abrasion involves the central part of your cornea, your vision could also be temporarily affected. Apart from the pain, your eye might be watery, red and sensitive to light.

Treatment

- You may take ordinary pain killers, such as Paracetamol, to help with the pain. Wearing sunglasses can also help
- Avoid rubbing or touching your eye
- If you wear contact lenses, please do not use them until one week after your eye is completely healed; you need to see your contact lens practitioner after finishing your treatment before wearing your contact lenses again
- If you are asked to use drops or ointments, please follow these steps:
 - Lie down, or lean your head back, and look up
 - Use a clean finger to gently pull down your lower eyelid to create a pocket
 - If you are using eye drops, gently squeeze them into the pocket you have created, not directly onto your eye
 - If you are using ointment, apply a small strip into the pocket
 - Blink to spread the medication over your eye

If your eye becomes increasingly red or painful after treatment, or your sight becomes more blurred, you should see your doctor or return to the emergency department.

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Information

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If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

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