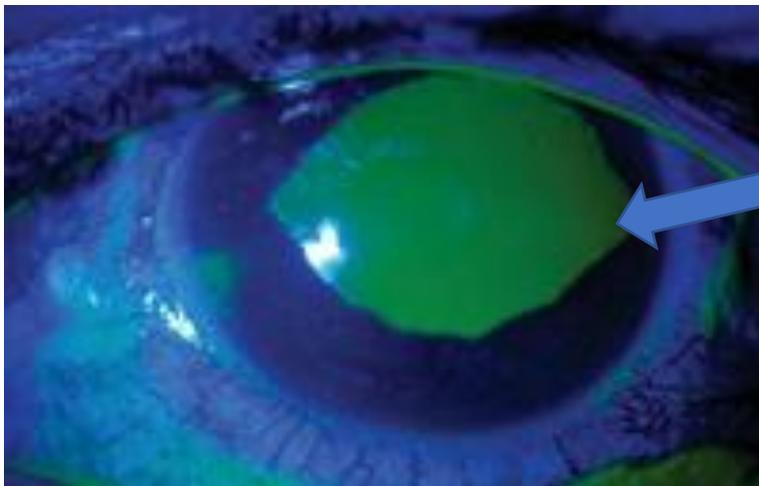


## Corneal Abrasion

A corneal abrasion is a scratch on the surface of your eye. It can happen in an instant and by definition is due to some sort of trauma. Sometimes opticians and optometrists use the term corneal ulcer and corneal abrasion interchangeably. However, corneal abrasion is caused by trauma of the eye and ulcers can be of many causes, often infective. For example, if you poke your eye or something gets trapped under your eyelid, like dirt or sand, it can scratch the eye causing a corneal abrasion. Your eye hurts, and it doesn't get better when you close it -- if you can keep it shut. Light makes it sting and burn.



Corneal Abrasion defined by the green outline when yellow dye is placed in the eye and a blue light shone on the eye.

It's actually on your cornea. That's the clear layer that covers the iris, the coloured part of your eye, and allows a clear view into your eye, like a window.

### What Causes a Corneal Abrasion?

You might get a scratch on the cornea if you:

- Poke your eye with a fingernail, pen, or makeup brush
- Get dirt, sand, sawdust, ash, or some other foreign matter in your eye

#### Making a referral:

- Get chemicals in your eye
- Rub it too hard
- Wear poor-fitting or dirty contact lenses
- Have surgery without proper eye protection
- Play sports or engage in high-risk physical activity without safety eyewear

You may not feel symptoms right away. As a result, you may not be able to figure out what caused it.

### **Can a Corneal abrasion Be Prevented?**

Yes. If you feel like there's something in your eye, you're going to want to rub it.

Don't -- that's often how you get a scratch. Do this instead:

- Blink your eye several times.
- Pull your upper eyelid over the lower eyelid.
- Gently rinse your eye out with clean water or a sterile saline solution.

### **What Are the Symptoms?**

If you've scratched your eye before, you'll probably remember how it feels. If not, you might:

- Feel like you have sand or grit in your eye
- Have pain, especially when you open or close your eye
- Notice tearing and redness
- Become sensitive to light
- Have blurred vision

#### **Making a referral:**

If you still feel like something's in your eye, see an eye doctor as soon as you can or go to the optician or eye centre. The doctor will look at your eye and use a product called eye stain that lets him see the surface of your cornea. If something is on it or in it, he can safely remove it. Often the pain can be excruciating in nature, and often lasts upto 24-48 hours.

### **What is the treatment?**

#### **Clean and Protect the Eye**

- Inspect the eye for small particles that may be stuck under the eyelid and causing symptoms.
- Flush the eye with clean water or saline solution once or twice to remove any particles or to soothe the eye surface. Do not rinse the eye more than a few times. Doing so can make the situation worse.
- Avoid rubbing or pressing on the eye.

Get medical help if:

- The person has blurred vision or eye pain, tearing, redness, light sensitivity, irritation, or difficulty opening the eye, even if there does not appear to be something in the eye. There may be a scratch on the surface of the eye called a corneal abrasion.

#### **Making a referral:**

## **Follow Up**

Generally, no follow ups are required. The eye may remain sore for upto 48 hours. If after this time the eye remains painful or the pain is getting worse, you should seek medical advice.

Occasionally, especially if you have a thumb nail or get poked in the eye or a branch scratches your eye, your may develop something called Recurrent Erosion Syndrome, which is similar to having the original abrasion but there is no trigger factor. This could end up being a long-term condition.

### **Making a referral:**

Email: [Info@Communityeyecare.org.uk](mailto:Info@Communityeyecare.org.uk)

Tel: 01772 717167

Fax: 01772 795620

Community Eyecare, 6 Fulwood Park, Caxton Road, Preston, PR2 9NZ