

PATIENT INFORMATION – CORNEAL ABRASION

A corneal abrasion is a scratch to the outer lining to your eye (i.e. the cornea).

Treatment

Do not rub your eye and remember to get sufficient rest. If possible rest with both eyes closed.

If you normally wear contact lenses, do not wear them whilst the cornea is healing or whilst you are using antibiotic eye drops. Do not wear them for 24 hours after finishing the antibiotic eye drops.

If you have been given eye cream or eye drops, put them into the eye in the way the doctor showed you. Your sight could be unclear for some minutes after using them and it could sting a little.

If you had local anaesthetic to assess or treat your eyes, you may have been advised to wear an eye pad for a few hours. If you do wear an eye pad, you must not drive as you won't be able to measure distance and you may fail to see vehicles that are on the side of the injured eye. Your insurance will be invalid if you do try to drive. Do not work with machinery of any sort.

Prevention

To avoid injury to your cornea, wear goggles when drilling or sawing to protect against small particles getting into your eye. Wear something to protect your eyes when welding, skiing, mountaineering, using a sun bed or in any other circumstances where a lot of light rays are present.

CORNEAL ABRASION CONT.

Recovery

It takes 5 days for a scratch to heal. If you have symptoms after 5 days, or if your eye has worsened before then, go to see your GP at once.



If you become unwell or are injured, choose the right NHS service to make sure you get the best treatment. The Choose Well campaign explains what each NHS service does, and when it should be used.

Choosing well means that you and your family will get the best treatment. It also allows busy NHS services to help the people who need them most.

If you are unsure about which option to choose, please call NHS Direct Wales on 0845 46 47 or visit the choose well website at www.choosewellwales.org.uk

This information has been produced based on previous information leaflets and the evidence available at the time of publication. It has been clinically reviewed however if you notice anything that needs updating or amending please contact ppi.team@wales.nhs.uk

If you require this information in another language or format please ask a member of staff.

For further advice or information contact NHS Direct Wales 0845 46 47
www.nhsdirect.wales.nhs.uk