

PATIENT INFORMATION – EYE INJURY

You have visited us today due to an eye injury. There are many types of eye injury, some are minor and others more severe, sometimes causing loss of sight.

Below are some of the more common eye injuries:

- Corneal abrasions, this is when you get a scratch on the surface of the eye. They are very painful but usually heal within 24 to 48 hours. An antibiotic drop or ointment can be used to stop the scratch becoming infected.
- Chemical burns, these can be very serious which can cause damage to the eyelids, the skin, the conjunctiva and the cornea.
- Foreign bodies, these are common and occur when small particles get on the surface or inside the eye.
- Sunlight, this can result in damage to many parts of the eye. Care should be taken when exposed to the sunlight.
- Blunt trauma, this is usually related to sports. Such as being hit in the eye with a ball.

Your type of eye injury is:

Further Advice/Instructions

Please use this section to give the patient specific information e.g. follow up appointments or after care advice.

Should you need to use eye ointment and drops, here are a few hints and tips:

Ointment

1. Always wash your hands before starting
2. Lie or sit down with your head tilted backwards
3. Pull down the bottom eyelid and gently insert ½ inch of ointment inside it.
4. Close the eye for a few minutes, then blink a couple of times.

Eye drops

1. Always wash your hands before starting
2. Lie or sit with your head leaning backwards
3. Pull down the bottom eyelid and insert a drop in the space between the eye and eyelid, trying to avoid any touching the eye or eyelashes.
4. Close the eye and then blink a couple of times.

Remember to always follow the instructions for use on the package.

EYE INJURY CONT.



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