

Corneal Abrasion

What is it?

- **Corneal Abrasion** – a painful scrape or scratch of the surface of the clear part of the eye



- **Cornea**- clear tissue of the eye
- **Iris**- transparent window covers the iris
- **Nerve**= the cornea has many nerve endings just under the surface, any disruption of the surface may be painful
- **Corneal Abrasion** – may occur when something hits the eye as when a tree branch hits your eye, a child accidentally poking the eye with his fingernail hot cigarette ash flying into the eye, wearing a contact lenses longer than recommended, having a eyelash under the contact lenses, exposure to ultraviolet light
 - **Corneal Injury**- may occur when something gets in your eye as when the wind blows sand, dust or dried leaf particle which may scratch the corneal surface every time you blink
 - **Corneal Injury**- may occur when high-speed particles penetrate your eye and injure deeper structures as when a small metal fragment hits your eye when welding (preventative-wearing protective eyewear)

Signs and Symptoms:

- **Symptoms**- a feeling that there is something in the eye, tearing of the eyes, blurred vision, eye pain, spasm of the muscles around the eye causing you to squint, redness, eye burn, have severe pain with bright lights or sunlight

Recommendations:

- ***Self-Care**- rinse your eye by tilting your head back and pouring water into your opened eye, eye wash station to wash your eyes, saline solution to wash eyes, eye drops, ointment



What can I do?

- **See your Health Care Provider**- or you may need to see an ophthalmologist a medical doctor that specializes in eye care and surgery of the eye, may use steroid eye drops to relieve inflammation

