

Emergency Department  
**Corneal Abrasion**

### **General Information**

Corneal abrasion is a common injury that occurs when the clear covering of the front part of the eye is scratched or poked. Objects that commonly cause this injury include tree branches or twigs, fingernails, mascara brushes, hair brushes, contact lenses, and paper edges. The main symptoms are eye pain, a feeling of something being in the eye or under the lid, a watery eye, and sensitivity to light. Small corneal abrasions usually heal within 1 or 2 days. Deeper or larger abrasions may take about a week. Your eyesight will not be permanently affected.

### **Instructions**

1. Rest your eyes, avoid bright lights, reading or sitting too close to the TV.
2. If your injury was caused by a contact lens, do not wear your contacts for at least **7 days**, even if the eye feels better.
3. For minor pain, use over the counter medication, such as acetaminophen (Tylenol) or ibuprofen (Advil).
4. If the doctor has given you eye drops or ointment, use them as directed.

### **Return to Emergency if any of the following develop**

- Your eye pain gets worse.
- Your vision gets worse.
- You develop a fever.

For more information or questions contact HealthLinkBC at 811.

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