

# Discharge Advice following Corneal Abrasion



## WHAT IS MY INJURY?

You have a scratch, or graze, to the lining of your eye which is called the cornea. This scratch is called an abrasion.

The cornea is a clear layer covering the front of the eye and is commonly injured by objects including contact lens, twigs or branches, fingers or nails or metal from grinding without safety goggles.

There may be a foreign body (something that shouldn't be there) on your eye. If so, the doctor will have removed it, leaving the abrasion beneath it.

## WHAT IS THE TREATMENT?

The cornea regenerates and grows new tissue so will repair itself within a few days.

Antibiotic ointment, such as Chloramphenicol, helps to stop your eye getting dry and reduces the risk of infection. You should be use this 4 times a day for a few days.

To apply the antibiotic ointment, first wash your hands. Then pull the lower eyelid slightly away from the eye and squeeze a small strip of the ointment into this space in your eye. It is often useful to hold the tube with the ointment in your hands for a few minutes to warm it, as it comes out of the nozzle easier.

The abrasion is irritating and may cause pain. You can use painkillers such as paracetamol and ibuprofen.

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