

Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

Customer Services Department

Livewell Southwest
Room AF3, Local Care Centre
200 Mount Gould Road
Plymouth
PL4 7PY

Tel: 01752 435201

Email: customerservicespch@nhs.net

Contact details

The Minor Injuries Units are open every day of the year, including Bank Holidays.

Minor Injuries Unit Cumberland Centre

Damerel Close
Plymouth
PL1 4JZ

Tel: 01752 434390

Opening times: 8:30am - 9pm

Minor Injuries Unit South Hams Hospital

Plymouth Road
Kingsbridge
TQ7 1AT

Tel: 01548 852349

Opening times: 9am - 5pm

Minor Injuries Unit Tavistock Hospital

Spring Hill
Tavistock
PL19 8LD

Tel: 01822 612233

Opening times: 8am - 10pm

www.livewellsouthwest.co.uk

 Livewell Southwest

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Corneal Abrasion & Foreign Bodies

Information for patients



Minor Injuries Unit

Cumberland Centre
South Hams Hospital
Tavistock Hospital

Developed with kind permission of Royal Eye Infirmary
(REI) Plymouth

The Cornea

The cornea is the clear window at the front of the eye.

It is a very sensitive part of the eye.

If something settles on the cornea, or causes a scratch or graze, it may become painful.

Sometimes a scratch may feel like something is still stuck in the eye even when a foreign body is no longer present.

When something settles on the cornea it is known as Corneal Foreign Body.

The damage left after removal of the foreign body or from a scratch is known as a Corneal Abrasion.

Symptoms include:

- Pain/irritation
- A feeling of something in the eye
- Sensitive to light
- Watering eye
- Reduced vision
- Local inflammation/redness

Treatment

Your eye has been examined by a specialist MIU Practitioner who has prescribed the appropriate treatment for you.

You may have had a drop of local anaesthetic put into your eye to reduce the pain and make it easier to examine. Whilst this should make the eye feel more comfortable during examination it will last only a short time which is normal and should not be considered the long-term solution

Antibiotic ointment/drops will have been prescribed and put into the affected eye to prevent infection, these should be used for the full 5 day recommended treatment period (ideally these should be kept in the fridge after opening).

A pad may be put over the eye to keep it firmly closed which helps healing and keeps the eye as comfortable as possible. The eye pad is ideally left on for 24 hours (sunglasses for some people are a preferred alternative).

The eye may feel irritated as if something is in it and painful until healed (usually 1-2 days).

- Judging distances may be difficult, e.g., when pouring a hot drink, extra care is needed to ensure safety. Also when placing a cup on a surface, extra care is needed.
- You must not drive or operate machinery whilst wearing an eye pad.
- You are advised not to smoke as eye pads catch fire easily.

Additional medication

You may find taking tablets that you might normally take for a headache such as paracetamol and or ibuprofen may be of benefit, if so read the medication instructions carefully and do not take more than the advised daily recommended dose.

The future

It can take a long time for the abrasion to heal fully.

The damaged area is now more delicate than the rest of the cornea.

Because of this the same symptoms may occur.

If this happens, or you have any questions or problems please contact:

Urgent Care Department at the Royal Eye Infirmary.

Tel: 01752 439330 / 01752 439331