

# Eye Injury

## Definition

- Injuries to the eye, eyelid, and area around the eye

## Health Information

### Types of Injuries

- Scratch and small cut of the eyelids or area around the eyelids
- Bruise of the eyelids ("black eye")
- Scratch or bruise (flame-shaped) of the white of the eye (sclera)
- Scratch of clear part (cornea) of the eye in front of the iris. The medical name for this is a corneal abrasion.
- The main concern is whether the vision was damaged.
- Older children can tell us if their vision is blurred or out of focus. You can test this at home. Cover each eye in turn and have them look at a distant object.
- Children less than 5 years often need to be examined to check the vision.

### Symptoms

- The main symptom is pain.
- Tearing and blinking can also occur for a few minutes.

### Prevention

- Careful adult supervision of young children
- Education of older children about high risk behaviors

## Care Advice

### 1. Small Cuts, Scratches or Scrapes:

- For any bleeding, put direct pressure on the wound. Use a gauze pad or clean cloth. Press for 10 minutes or until the bleeding has stopped.
- Wash the wound with soap and water for 5 minutes. Protect the eye with a clean cloth.
- For cuts or scrapes, use an antibiotic ointment such as Polysporin. No prescription is needed.
- Put it on the cut 3 times a day. Do this for 3 days.
- Cover large scrapes with a Band-Aid. Change daily.

### 2. Swelling or Bruises with Intact Skin (including a Black Eye):

- Put a cold pack or ice wrapped in a wet cloth on the eye. Do this for 20 minutes. This will help stop the bleeding and swelling. Repeat as needed.
- A black eye usually takes 1 to 2 days to occur.
- A flame-shaped bruise of the white of the eyeball is also common.
- After 48 hours, use a warm wet cloth for 10 minutes. Do this 3 times per day. Reason: To help reabsorb the blood.

### 3. Pain Medicine:

- To help with the pain, give acetaminophen (such as Tylenol) or ibuprofen. Use as needed.

#### 4. **What to Expect:**

- Minor cuts and scratches, as well as bruises, are harmless.
- They last about 2 weeks.
- They do not need any medicine to help them go away.

### **Call Your Doctor If**

- Pain becomes severe
- Changes in vision occur
- You think your child needs to be seen
- Your child becomes worse

#### **Pediatric Care Advice**

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