

To prevent the eye from penetrating eye injuries:

Sharp tools should be used with caution and in the proper way and keep these materials away from the reach of the children.

4. Superficial (External) Injuries:

The following could cause shallow eye injuries:

- A. The exposure to welding rays.
- B. Fingers.
- C. Other non-sharp objects.

What should be done in case of external injury?



The eye should be covered with clean gauze. Make sure that the lid cannot move underneath the cover. The cover is to minimize the pain accompanied by the movement of the lid on the surface of the scratched cornea.

The movement on the scraped cornea will reduce the cell growth and prolong the recovery time.

You should see the eye doctor.

To protect the eye from external injuries:

Safety spectacles should be worn when using the welding equipment.

You should not stare directly into welding rays or the sun. We should be cautious when doing our daily activities not to harm our eyes.

Patient Information



First Aid

for Traumatic Eye Injuries



Sankara Nethralaya

(A unit of Medical Research Foundation)

18, College Road, Chennai - 600 006. INDIA

Tel. No. : (+91 44) 282 71616, 2827 1035 Fax : (044) 2825 4180

Email : appointment@sankaranethralaya.org

Web : <http://www.sankaranethralaya.org>

First Aid for Traumatic Eye Injuries

God has given us the grace of vision. The blessing that allows us to see our surroundings and feel the exquisite beauty of what God has created and about 90% of our learning is done through the visual sensation.

The Eye is one of the most delicate organs in the human body. Hones, lids and lashes protect it.

We are responsible to protect this great grace by extending efforts to have it protected. We should always remember that protection is better than cure; any neglect, could lead to harmful results, and loss of one of the great graces. It's essential for us to know the causes of eye injuries and therefore make the effort to protect our vision.

Types of Eye Injuries

1. Foreign Bodies :

The eye might be exposed to penetration of foreign bodies whether in the house or workplace as an example.

- A. Small parts of metals.
- B. Sawdust.
- C. Sand.
- D. Small stones.

What should be done in case of eye injury and penetration of foreign body?

Injured person should be seen by a doctor as soon as possible to get the necessary treatment.

The injured eye should not be rubbed as it may push the foreign body to penetrate the surface of the eye and go inside the eye more and more which might

temporary decrease the pain but will make the extraction of the foreign body more difficult and increase the possibilities of getting the eye infected.

To protect the eye from foreign body injuries

Protective eye glasses should be worn when dealing with floating materials, and, necessary precautions should be taken (as when working with sand or sawdust).

2. Injuries by Chemical Solutions and Powders :

In almost every house there are many kinds of chemical solutions which are used daily, as detergent and antiseptics and others. Some of these solutions are following:

- A. Insecticides.
- B. Paints.
- C. Detergent.
- D. Other toxins like kerosene.

What should be done in case of chemical injury?



When exposed to any chemical solution the eye should be washed immediately and continuously for 20 minutes, the most important action to take is washing the eye while eye lids are wide open by the use of clear liquid. If water is not available use any liquid even laban or cold milk. As the delay of diluting the solution

in the eye within the first ten minutes from the injuries could result in serious effects. After that the eye should be checked by a doctor as soon as possible to get the proper treatment.

To protect the eye from chemical solution injury

A person should be cautious and wearing protective glasses when working with chemicals. Solution should be kept out of reach of children to avoid accidents.

3. Penetrating Injuries :

The following might cause penetrating injuries of the eye:

- A. Wires.
- B. Thorns from trees.
- C. Sharp toys.
- D. Pointed sharp objects that are usually used in the kitchen or the garden.

What should be done in case of penetrating eye injuries?

The eye should be covered with a very clean gauze after closing the eye lids then protective eyeglasses should be worn, the doctor should be seen to get the necessary treatment as soon as possible.

