



Corneal Abrasion

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.

How to Care for Yourself at Home

- + Rest your eyes, avoid bright lights, reading or sitting too close to a screen. Wear sunglasses as needed.
- + 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.
- + For minor pain, use over the counter medication, such as acetaminophen (Tylenol) or ibuprofen (Advil).

+If the doctor has given you eye drops or ointment, use them as directed.

When to Get Help

- **Go to the nearest Emergency Department** if:
 - + Your eye pain gets worse.
 - + Your vision gets worse.
 - + You develop a fever.

TO LEARN MORE ASK

- + Your family doctor.
- + HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to www.HealthLinkBC.ca

RECOMMENDED FOLLOW UP

- 🕒 Follow up with your primary care provider in ___ days.

Reproduced with permission from Vancouver Coastal Health and Providence Health Care. Find this information sheet on the ECBC website: https://emergencycarebc.ca/clinical_resource/corneal-abrasion/