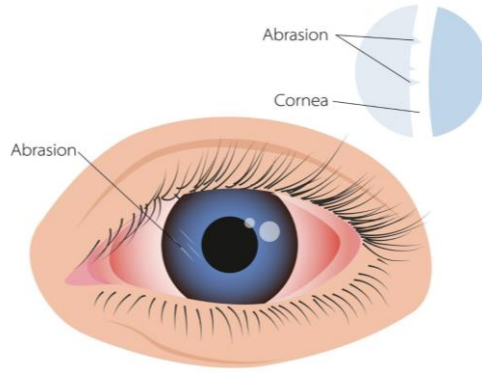


# Corneal Abrasion

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, fingernails, mascara brushes, hairbrushes, and contact lenses.



Vecteezy.com



## What to Expect

The main symptoms of a corneal abrasion are:

- Eye pain
- A feeling of something being in the eye or under the lid
- A watery eye
- Sensitivity to light

Small corneal abrasions usually heal within 1 or 2 days. Deeper or larger abrasions may take about a week. You should feel better each day. There is a small risk for infection unless it is caused by a contact lens. Your eyesight will not be permanently affected.

### Recommended Follow-Up

- Follow up in \_\_\_ days.

Name of Provider  
Reason  
Date/Time  
Location  
Contact Info

- \_\_\_\_\_
- \_\_\_\_\_



## When to Get Help

### Go to the nearest Emergency Department or Urgent Care Centre if:

- Your eye pain gets worse.
- Your vision gets worse.
- You develop a fever or yellow fluid from the eye.

### To Learn More Ask:

- Your health care provider.
- Your pharmacist.
- HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca)

The information in this document is intended solely for the person to whom it was given by the health care team. This information does not replace the advice given to you by your health care provider.

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**EMERGENCY CARE BC**  
Provincial Health Services Authority

[EmergencyCareBC.ca](http://EmergencyCareBC.ca)



## How to Care for Yourself at Home

- Rest your eyes, avoid bright lights, reading or watching a screen. 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. You will often be given antibiotic eye drops.

### Medication

- For minor pain, use over-the-counter medications such as acetaminophen and ibuprofen (more information below).
- If your doctor gave eye drops or ointment, use them as directed.



#### IBUPROFEN (E.G., ADVIL<sup>®</sup>, MOTRIN<sup>®</sup>)

- 200-400 mg every 6-8 hours as needed while awake, taken with small snack (max: 1200mg/day).
- Avoid taking this medication for longer than 5-7 days. See your primary care provider if you need to use this for longer.
- Avoid this medication if you are >65 years old, pregnant, or have the following conditions: severe liver or kidney disease, peptic ulcer disease, or heart failure. Speak to your primary care provider before taking this if you have a history of stroke, GERD, inflammatory bowel disease, liver cirrhosis, or ischemic vascular disease.

#### ACETAMINOPHEN (E.G., TYLENOL<sup>®</sup>)

- 500-1000 mg every 4-6 hours as needed while awake, with water (max: 4000mg/day).

If you have liver disease or drink over 3 alcoholic beverages per day:

- Maximum dose: 3000mg per day.
- Do not use this medicine for longer than 5-7 days. Speak to your primary care provider if you need to use this for longer.

Be careful not to exceed the maximum dose when taking this medication with other medication that contain acetaminophen (e.g., Dayquil/Nyquil<sup>®</sup>).

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Find this information sheet on the ECBC website:

[https://emergencycarebc.ca/clinical\\_resource/patient-information-sheet/corneal-abrasion/](https://emergencycarebc.ca/clinical_resource/patient-information-sheet/corneal-abrasion/)

### Notes:

#### Additional Information

- Watch the Sunnybrook video:  
<https://youtu.be/ruDxqTqHr-c?si=SuvA7IzEYFWu2wuD>

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