

- Keep mobile, read, write, watch television. Avoid smoky and dusty environments.

Please do not:

- Rub or scratch your eye.
- Play any sport, go swimming or do the gardening.
- Attempt any heavy lifting or spring cleaning.
- Blow your nose if you sustained a blow to the eye.

If your eye becomes painful, very sticky or swollen, or your vision becomes blurred, please contact your GP.

Acknowledgement to the Patient Publications Service, University Hospitals of Derby and Burton NHS Foundation Trust, for original text.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net. This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 2789.

To be completed by the Communications office

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INFORMATION FOR PATIENTS

Eye injury

Emergency Department

King's Mill Hospital

Mansfield Road

Sutton in Ashfield

Notts NG17 4JL

Telephone: 01623 622515, extension 2789

Newark Hospital

Boundary Road

Newark

Notts NG24 4DE

Telephone: 01636 681681

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Eye injuries are common and usually recover without further problems, providing that you follow the advice given.

If you have been given antibiotic cream or drops, this is to treat or prevent infection in the eye. Wash your hands and follow the instructions on the label carefully.

If you have been given an appointment to be seen in Ophthalmology (eye department), it is important to attend, even if you feel that the problem has improved. The eye specialists there will be able to tell you if you need any further treatment.

Foreign bodies in the eye and corneal abrasions (scratches)

You may have had a piece of grit or metal removed from the eye. Even so, you may still feel as if there is something there. This is because the surface of the eye has been scratched.

If you had a piece of metal in your eye, it will have set up a 'rust reaction', even if it was only there for an hour or so. This will appear as a brown spot on the eye. This is a rust ring and will be removed in Ophthalmology.

Welder's flash (arc eye)

This is a very painful condition resulting in damage to the surface of the eye. To ease the pain, drops to dilate the pupils were applied in the Emergency Department/Minor Injuries Unit. You may be sensitive to bright light during this time. The effects can last up to 24 hours. Short distance vision may be blurred but should return after a few hours. Long distance sight should not be affected. Simple over-the-counter pain relief can also help with this. You must not drive or operate machinery whilst your vision is affected.

Direct blow to the eye

If you receive a direct blow to the eye, you may not require immediate treatment, but may be given an appointment to see the eye specialists in the clinic. In the meantime, if you develop any deterioration in vision or any double vision, then you must come back to the Emergency Department/Minor Injuries Unit. If at all possible, avoid sneezing or blowing your nose for at least 48 hours.

Please do:

- Use your eye drops/ointment as directed.
- If necessary, clean your eye as instructed.
- Wear your usual glasses, or dark glasses, for protection or comfort.
- When washing your hair, bathing or in the shower, protect your eye with the plastic shield as advised.