



Wasatch View Eye Care

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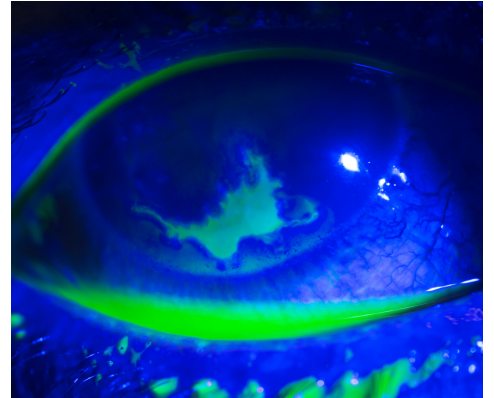
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Corneal Abrasion

Overview

A corneal abrasion is a surface scratch or cut in the cornea. They are very painful, cause light sensitivity and result in excessive tearing. The vast majority of corneal abrasions are from accidental causes like getting poked in the eye or wearing a torn contact lens. The best treatment includes putting on a bandage contact lens to aid healing and decrease pain, giving an in office cycloplegic drop to relax the eye and topical antibiotics to prevent an infection.



Signs & Symptoms

Corneal abrasions are extremely painful. The cornea is highly innervated with corneal nerves. The trauma from the abrasion causes the ciliary body to go into a spasm making the pain worse and causes significant light sensitivity. In response to the abrasion the eye waters excessively to wash out any potential material from the abrasion or pathogens.

Causes

Anything that grazes the cornea can cause a corneal abrasion. It could be a fingernail while playing basketball or a branch in the eye while mowing the lawn.

Evaluation

After numbing your eye with a topical anesthetic your eye doctor will put fluorescein dye into your eye. After the dye is put in the eye your eye doctor will evaluate the abrasion with a biomicroscope. The dye will stain the areas in the eye where the abrasion is located. Fluorescein dye makes it much easier to visualize the location and size of the abrasion.



Treatment

Right after the abrasion occurs the eye should be rinsed with saline or contact lens solution. Then a prompt visit to the eye doctor is needed. While at the eye doctor's office a topical anesthetic and cycloplegic drops are given to help with pain and relax the eye. A few minutes after the drops, a contact lens is put over the cornea to ease the pain and to act as a bandage.

Over the next few days topical antibiotics are used to prevent an infection. Finally, after three days the bandage contact lens needs to be removed and the cornea should be evaluated for proper healing.

Websites

American Optometric Association:

<https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/corneal-abrasion?sso=y>

All About Vision: <https://www.allaboutvision.com/conditions/corneal-abrasion.htm>