

Patient Education Handout: Foreign Body (Eye)

- A foreign body of the eye refers to anything (ex: an eyelash, grain of sand) present on the cornea or adhered to the inside of the upper or lower eye lid.
- A foreign body can cause a corneal abrasion. This is a scratch or cut to the clear, outer layer of the eyeball.
- Small corneal abrasions are self-limited and typically heal within 24-48 hours.
- Avoid use of contact lenses until your symptoms have resolved.
- Avoid rubbing the affected eye to prevent further damage.
- Anesthetic drops were put in the affected eye to numb the surface of the eyeball to help with the examination and reduce pain. The effects of the numbing should wear off in 10-20 minutes. Do not touch or rub the eye until this has worn off to prevent from further injury.
- Drops of dye were put in the affected eye to help better visualize any damage to the cornea. Your eyeball and tears may appear yellow for a short time after.
- If damage to your eye was detected, you may be prescribed antibiotic drops or ointment as directed by your health care provider.
- An oral NSAID, such as ibuprofen, may be taken for pain relief as directed by your health care provider.

You may take:

- Ibuprofen ____ to ____mg every ____ to ____ hours for ____ days as needed
- Avoid use of eye patches because they can slow the healing process and cause blurred vision.
- Return to the clinic or see another health care provider if symptoms (unable to open eye, severe pain, light sensitivity, foreign body sensation):
 - Return or continue to worsen in the first 24-48 hours
 - Continue beyond 24 hours

