



## EYE CONTUSION

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### ■ ■ ■ Description

A contusion of the eye is a bruise around the eye. Also known as a “shiner” or “black eye,” this is usually the result of direct and blunt trauma to the face, eye, or forehead. Common mechanisms involve elbow-to-head, fist-to-head, knee-to-head, head-to-head, head-to-apparatus, or head-to-floor contact in various sports activities. The usual symptoms involve pain, swelling, and discoloration of the bruised area. The injury usually resolves without treatment in 3 to 10 days.

### ■ ■ ■ Common Signs and Symptoms

- Pain around the eye
- Swelling around the eye
- Purplish discoloration around the eye with gradual fading
- Tenderness over the cheekbone
- Photophobia (eye discomfort with bright lights)
- Mild light-headedness if concussion sustained

### ■ ■ ■ Causes

- Direct person-to-person contact
- Contact with balls or other sports apparatus
- Assault
- Contact with floors and walls

### ■ ■ ■ Risk Increases With

- Contact or collision sports
- Omission of protective gear
- Individuals with only one eye
- Partial blindness

### ■ ■ ■ Preventive Measures

- Correct visual disturbances.
- Wear protective eye gear.
- Wear protective head gear.

### ■ ■ ■ General Treatment Considerations

Initial treatment involves ice to decrease swelling and minimize discoloration. Thereafter, monitoring for serious injury is important. If you develop severe pain, double vision, blurry vision, or blood in the space in front of your pupil, you should immediately seek medical attention. You should always wear protective gear when returning to sports. This may include protective goggles, helmets, or facemasks. Never resume play if vision has not returned to normal.

Notes:

(Up to 4400 characters only)

Notes and suggestions