

EYE FOREIGN BODY



■ ■ ■ Description

In sports and recreational activity, a foreign body may enter and stay in the eye. This can result in scratching (abrasion) of the eye, vision loss, eye pain, or a sensation of an object in the eye with tearing. Eye protection significantly decreases the chance of this actually happening, but use is often neglected by athletes.

■ ■ ■ Common Signs and Symptoms

- Irritation when blinking
- Decreased vision
- Eye pain
- Swelling of eye lids

■ ■ ■ Causes

- Contact between finger and the eye
- Contact between athletic equipment and the eye
- Dirt and grass in the eye
- Windblown debris in the eye
- Insect in the eye

■ ■ ■ Risk Increases With

- Windy and dusty conditions
- Lack of protective eye gear
- Lack of protective head gear

■ ■ ■ Preventive Measures

- Avoid use of guns or toys that release projectiles or air.
- Wear protective eyewear, such as polycarbonate lenses.
- Wear protective head gear.

■ ■ ■ General Treatment Considerations

Initial treatment can be applied by the patient by irrigating the eyes with water. This may flush the foreign body out of the eye. If this does not work, you need to see a physician for a thorough eye exam. The physician will examine your eye for an external foreign body and even for the possibility of a penetrating body within the globe of the eye. Removal of the foreign body can be facilitated by your doctor, but you may need surgical treatment. Finally, antibiotics and anti-inflammatory drops may be prescribed. Depending on the injury, a rigid shield or eye patch may be applied.

Notes:

(Up to 4400 characters only)

Notes and suggestions