



Conjunctival foreign body (something in your eye)

You have attended the Emergency Department with a foreign body in the eye. This leaflet explains how to care for your eye at home now that the foreign body has been removed.

Removing the foreign body

A small foreign body was removed from your eye. At this time there does not appear to be damage to your eye. Specks of metal, sand, or wood commonly cause this injury, often during windy weather or when working with power tools. Sometimes, a local anaesthetic is used to remove a foreign body, this is a medication that makes the tissues around the eye numb. Your eye may be uncomfortable when the local anaesthetic wears off, this is especially true if the cornea was scratched. The cornea is the very sensitive clear membrane over the front of the eye. Blinking the eye may increase the pain. Sometimes, a patch is applied for comfort. The more you rest your “good eye”, the better both eyes will feel.

Caring for your eye at home

If you have been given an eye patch to wear:

- Keep your eye patch on until your follow-up appointment.
- Do not remove the patch unless instructed to do so to put in medications; replace patch and re-tape it as it was before. Follow the same procedure if the patch becomes loose.
- Do not drive or operate machinery while your eye is patched. Your ability to judge distances is impaired.

If you weren't given an eye patch:

- Keep your eye closed as much as possible if there is discomfort.
- Do not rub your eye.
- You may wear dark glasses to protect your eyes from bright light.
- Wear protective eye covering if your job or hobby involves the risk of eye injury. This is especially important when working with high speed tools.
- Use paracetamol or ibuprofen for relief of pain and discomfort.

Eye drops

In order to prevent infection in your eye after an eye injury, you may be prescribed eye drops or ointment containing an antibiotic. Most people will need to take the eye drops/ointment four times a day, for seven days.

If you normally wear contact lenses, you should not do so until your eye injury has completely healed. If you are prescribed antibiotic eye drops, you should not start wearing your contact lenses again until 24 hours after finishing your treatment.

What to look out for

Go back to the nearest Emergency Department or Eye Casualty if you experience any of the following:

- Pain increases in your eye or your vision changes.
- You have problems with your eye patch.
- The injury to your eye seems to be getting worse.
- You develop any kind of discharge from the injured eye.
- Swelling and/or inflammation (soreness) develops around the affected eye.
- A temperature above 38° C (102° F) develops.

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name **chftae** or by completing the form available within the department.

If you have any comments about this leaflet or the service you have received you can contact :

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

www.cht.nhs.uk

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔