

If you require further advice or are not sure then please contact your GP or phone 111.



Mersey and West Lancashire  
Teaching Hospitals  
NHS Trust

## Corneal Abrasion

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اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Document number: MWL2004  
Version: 001  
Review Date: 01 / 11 / 2026

## What is a Corneal Abrasion?

A corneal abrasion is a scratch on the clear part of the front of the eye, called the cornea.

Abrasions are very painful because there are many nerves supplying the cornea.

The pain gets better as the eye heals, but this may take 24-48 hours.

If the abrasion involves the central part of the cornea, the vision may also be temporarily affected.

Apart from the pain, the eye may be watery, red or sensitive to light.

Sunglasses may help to reduce light sensitivity.

## Pain Control

Anaesthetic drops will be used to numb the eye before examination.

They can not be prescribed to take home as they slow healing and impair your blink reflex.

The pain will gradually return as the anaesthetic wears off, usually after 20-60 minutes.

- We recommend taking paracetamol regularly 4 times a day and ibuprofen 3 times a day. Please note that ibuprofen should not be taken if you suffer with kidney problems, asthma, stomach ulcers/reflux, heart failure or are pregnant.
- If you are prescribed co-codamol please note the following: it contains paracetamol so do not take other paracetamol based products. It contains codeine that can cause constipation and can impair your ability to drive.

## Antibiotic Treatment

- Avoid rubbing the eye.
- Use the antibiotic ointment as prescribed.

To apply:

1. Pull your lower eyelid gently down.
2. Put a pea-sized amount of ointment along the inside of the lower eyelid.
3. Close your eyes for 30 seconds.
4. When you re-open them your vision will be blurred but this will settle quickly.

## Follow-up

Not many corneal abrasions need follow-up as they heal well.

If however the abrasion is over the central part of the cornea you will be referred to our eye clinic. A specialist nurse will contact you by phone to offer an appropriate appointment.