

**EMERGENCY DEPARTMENT
AND MINOR INJURY UNITS**

ROYAL ALEXANDRA HOSPITAL

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HOW TO LOOK AFTER YOUR EYE INJURY

Most eye injuries are not serious and heal quickly but may cause pain, watery eyes, sensitivity to light and a gritty' sensation in the eye.

- Take time off school or work
- Do NOT drive or operate machinery when an eye is padded or the vision is blurred.
- Use any drops or ointment as shown on the tube or bottle.
- Take painkillers if required
- Dark glasses may be helpful
- If it is not better, or gets worse, after 48hours then seek advice.

Remember to PROTECT your eyes when you do work such as drilling or cutting.

If you are worried or need further advice then contact your General Practitioner or ring the Accident & Emergency Unit on the number above.

FURTHER ADVICE & INSTRUCTIONS:

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