



The Eye Clinic

Centre for Retina & Lasers

First Aid For Eye Injuries

Correct first aid and treatment following an eye injury can prevent the loss of eyesight. Medical help should be sought as soon as possible.

Some particle fallen in the Eye?

Never rub your eye.

Blink a few times and let the eye move the particle out. If the speck remains, keep the eye closed and seek medical assistance.

Blows to the Eye?

Apply an **ice-cold compress** immediately for about fifteen minutes to reduce pain and prevent swelling. A black eye or blurred vision could signal damage to **retina** or other internal structures. See your eye doctor immediately.

Cuts of the Eye and Lid?

Bandage the eye lightly and seek immediate medical help. **Do not** attempt to wash the eye or remove an object. Never apply pressure and **do not** to rub the eye.

Chemical burns?

Wash the eye with clean water immediately. Put your eye under a faucet or pour water from a clean container gently and continuously for at least fifteen minutes. Roll the eyeball around as much as possible. **Do not use an eyecup** and do not bandage the eye. Seek medical help.

Prevention

Accidents resulting in eye injuries can happen to anyone. The key to maintaining good vision is prevention & **90% of all eye injuries could have been prevented.**

3 A Chakrata Road, Near Doon Paramedical College, Dehradun Ph 0135-272 3069