

UNIVERSITY OF HOUSTON HEALTH CENTER

-HEALTHBERRY-
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EYE CONTUSION OR LACERATION

Eye injury, including blunt injury (contusion) or cut (laceration) can involve the eyeball, eyelid, bones around the eyeball (eye socket) and the muscles attached to the eyeball. The major symptoms are swelling, redness, tenderness, pain, bleeding or bruising in or around the eye. In addition, blurred vision may occur.

Eye injuries often occur in fights. Fights are more likely in conjunction with alcohol or drug consumption or in hostile environments that foster aggressive behavior. In addition, occupations which expose the eye to injury, such as athletics, bar tending, carpentry, construction work, lawn work and sports such as basketball, football, hockey, baseball and swimming all can be involved.

Preventive measures include protective eye gear and common sense. Usually these injuries are curable with treatment to prevent infection and/or suture of the lacerations. At times, permanent vision loss can occur, as well as cataracts.

Treatment can include use of ice packs to reduce swelling during the first 24 hours. Subsequently, the use of warm compresses often gives great relief. Apply the compress for an hour, rest an hour and repeat. For minor lacerations, silk sutures may be used, but for major lacerations, an experienced eye surgeon should do repair as soon as possible. For trauma to the eyeball, emergency treatment by a specialist is necessary. Sleeping with the head elevated, and protecting the eyes from bright lights may be helpful. Your doctors will prescribe medications. These may include antibiotics, pain relievers, and pupillary dilators. Ask your doctor about activities.

We at the Health Center will be happy to help you.



Healthfully yours,

Dr. Healthberry

For questions or comments you can;

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