



## Information for patients, relatives and carers

---

# Corneal Abrasion

### What is a corneal abrasion?

This is where a tiny piece of skin is scratched off the front of the eye (the cornea). This can cause intense pain with a feeling that something is in your eye.

### Treatment for a corneal abrasion:

Unfortunately, you have to wait for the scratch to heal over with new skin. This normally takes 24 to 48hours, but a large abrasion can take longer.

We can make the eye more comfortable whilst it is healing by putting in some ointment.

### You should:

- ✓ Follow any advice the doctor/nurse has given you
- ✓ Apply ointment to the eye as instructed with clean hands
- ✓ Take paracetamol if you continue to have pain
- ✓ Rest your eyes and avoid watching television, reading or working at a computer
- ✓ If possible, try and get some sleep
- ✓ A cold compress over your closed eyelids can help in relieving some of your eye discomfort
- ✓ Avoid bright lights

### You should not:

- ✗ Rub your eye as this can make it more painful
- ✗ Wear contact lenses for at least two weeks
- ✗ Drive if your vision is affected

---

① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online:  
<https://111.nhs.uk/>                      [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk)

## **Patient Advice and Liaison Service (PALS)**

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk)

An answer phone is available out of hours.

## **Leaflets in alternative languages or formats**

If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

Date this version published	November 2022
Review Date	September 2025
Document Reference	PIL677 v3, Corneal Abrasion

© 2022 York and Scarborough Teaching Hospitals NHS Foundation Trust. All Rights reserved.

[www.yorkhospitals.nhs.uk](http://www.yorkhospitals.nhs.uk)