

Eye injury or problem

Emergency Department Patient Information Leaflet

Introduction

This leaflet is for people who have visited our Emergency Department with an eye injury or problem.

There are many different types of eye injuries or problems people attend the Emergency Department with. The aim of this leaflet is to clarify the examination and treatment commonly completed for eye conditions/injuries, the symptom management most commonly required and the aftercare commonly organised or recommended. For information on specific injuries or problems consult your practitioner or access more information from: www.aop.uk-advice

What consultation, examination and treatment will you likely have in the Emergency Department?

You will have been examined by an Emergency Department practitioner following which you will then have:

- Been given a diagnosis or suspected diagnosis.
- Received appropriate treatment as needed.
- You will have a clear idea of what your problem is; what symptoms it may give you, the recommended treatment/management required and the average recovery time this particular injury/illness is likely to take.
- Have had a follow up plan made and been consulted with regarding this follow up plan.
- Discharge advice will be given prior to discharging you with clear instructions on 'red flag' symptoms (symptoms suggesting possible serious side effects are occurring - see 'red flags' below).

Commonly administered eye medication

To enable examination and treatment you may have had:

- A local anaesthetic eye drop – used to enable effective examination and simple treatments. This will last for approximately 20 minutes. It cannot be used for long term pain relief as it delays healing if given long term. Take care to avoid further trauma whilst your eye is numb.
- An eye stain – this enables the practitioner to see damage to the surface of the eye or foreign bodies on the front of the eye. This is orange in colour and may temporarily stain your skin. Do not worry, this will wash off. The dye remains in the eye for a very short time and is washed out of the eye with your tears. Tears drain into your nose, so should you blow your nose following these eye drops, secretions will be yellow stained. This is nothing to be concerned about.

Medication commonly given to take home

- Chloramphenicol 1% ointment is commonly given to prevent infection after injury to the eye.

How do I use the ‘to take home’ eye ointment?

- Read the instructions on the label and only treat the affected eye.
- Wash your hands. Look in a mirror and tilt your head back slightly.
- Look up. Gently apply a one centimetre strip of ointment inside your lower eyelid (see figure 1). Try not to touch the eye or lid with the end of the tube.

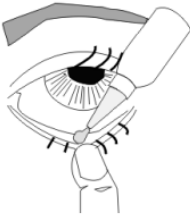


Figure 1 shows where to put the ointment in your eye.

- Close your eye and blink a few times. Your vision may be blurred for a short time but do not rub your eye. Do not drive or operate machinery until you can see clearly again.
- Replace the cap and store the ointment in a cool place (fridge is too cold).
- Discard following prescribed course – this will not last for future injuries.

How to manage any eye discomfort

In all eye injuries or illnesses you may experience increased pain/discomfort or irritation.

- Take painkillers such as paracetamol or ibuprofen, if you can take them (always read the label; do not exceed the recommended dose).
- Apply cold compresses directly to closed eyelids.

- Light sensitivity is common, this is called photophobia. If this occurs it becomes worse with continued exposure to light. Therefore, it is advised if you start to experience any light sensitivity you reduce your exposure to light for both eyes immediately. Use sunglasses; avoid looking at any light source for example the television, the computer, welding and driving.

‘Red flag’ symptoms (symptoms suggesting complications may be occurring)

- ‘Uncontrolled pain – you have attempted to control pain (see above) but despite this the pain is severe.
- Reduction in your vision – unrelated to tearing or eye cream.
- Thick, green discharge from your eye.
- Eyelids becoming red/closed shut. With painful eye movement.

Follow up arrangements

If you have been discharged from the Emergency Department,

Self-care as directed.

If you have any red flag symptoms (see above), **seek same day review by an ophthalmologist** (eye doctor) – attend Birmingham & Midland Eye Centre directly (address and contact details below).

If you have been discharged but still have mild persistent symptoms after five days

Seek review from the Minor Eye Conditions (MEC) Service, also known as Urgent Eyecare Service, held by Primary Eyecare.

This service is available at local optometrists who have had extra training to manage simple eye complaints (see below for how to get a MEC appointment).

If you have been referred to Russells Hall Urgent (Eye) Referral Clinic

The practitioner will make the referral electronically. The eye clinic will contact you by phone the next working day and schedule your follow up.

If you have any concerns whilst waiting for your appointment or you have not heard from them past midday the next working day, please contact them directly (see how below).

Follow up services

Minor Eye Conditions Service, also known as Urgent Eyecare Service

This is a **free** service run by Primary Eyecare.

Many optometrist shops have joined this scheme with extra skills to manage minor eye injuries and problems. You will receive an over-the-phone assessment and an appropriate appointment will be offered.

This service is available seven days per week, 9am - 8pm.

Access this service online: www.primaryeyecare.co.uk/find-a-practice/ - you will be directed to your most local service.

Alternatively, scan the QR code below for direct access to the online service.



Russells Hall Hospital Rapid Referral Eye Clinic

Located on Ground Floor, North Block, Russells Hall Hospital

Contact number: 01384 456111 ext 3633

Open: 9am - 4pm

Birmingham & Midland Eye Centre (BMEC)

Open for self-referral

City Hospital, Birmingham

Address: 76, Dudley Road, Birmingham, B18 7QH

Telephone: 0121 507 4440

Open: Monday - Friday, 8.30am - 7pm

Saturday, 9am - 7pm

Sunday, 9am - 6pm

(Bank Holidays may differ)

Where to access eye care in future

Access the Minor Eye Conditions Service, also known as the Urgent Eyecare Service.

There has been major invested in this service to assist you in avoiding busy Emergency Departments with eye injuries/illnesses. If the practitioner assesses that you need to be urgently reviewed by an Ophthalmic (eye) doctor, they can refer you to them directly.

This service is available seven days per week, 9am - 8pm.

Access this service online: www.primaryeyecare.co.uk/find-a-practice/ (you will be directed to your most local service.)

Alternatively, scan the QR code below for direct access to the online service.



Conditions that can be seen under the service include:

- Red eye or eyelids.
- Dry eye or gritty and uncomfortable eyes.
- Irritation and inflammation of the eye.
- Significant recent sticky discharge from the eye or watery eye.
- Recently occurring flashes or floaters.
- Ingrowing eyelashes.
- Recent and sudden loss of vision.
- Foreign body in the eye.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The Emergency Department

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/accident-emergency/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔