

## **First Aid for eye emergencies**

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When most people enjoy fire-crackers during festive season, go out to mow the lawn or perform other ordinary house hold activities, the last thing they think about is their eyes.

Million of eye injuries occur each year. Knowing what to do for an eye emergency can save valuable time and possibly prevent vision loss. Here are some instructions for basic eye injuries.

### **Be Prepared**

- Wear eye protection for all hazardous activities and sports-at school, home, and on the job.
- Stock a first aid kit with a rigid eye shield and commercial eyewash before an eye injury happens.
- **DO NOT** assume that any eye injury is harmless. When in doubt, see a doctor immediately.
- Wear safety goggles while using household chemicals like cleansing fluids, detergents & ammonia, as they are extremely hazardous and can damage your eyes. Wash your hands thoroughly when you have finished the use of chemicals.
- Avoid toys with sharp or rigid points, spikes, rods and dangerous edges.
- Pad or cushion sharp corners and edges of furnishing and home fixtures.
- Put on safety goggles before using a lawn mower, power trimmer or edger. Stones and twigs can become dangerous projectiles if they shoot from blades.
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### **Chemical Burns to the Eye**

In all cases of eye contact with chemicals:

- Immediately flush the eye with water. Hold the eye under a basin or shower, or pour water into the eye using a clean container. Keep the eye open and as wide as possible while flushing. Continue flushing for at least 15 minutes.
- **DO NOT** use an eyecup.
- If a contact lens is in the eye, begin flushing over the lens immediately. This may wash away the lens. · **DO NOT** bandage the eye.
- Seek immediate medical treatment after flushing.

### **Specks/Foreign body in the Eye**

- **DO NOT** rub the eye
- Try to let tears wash the speck out or use an eyewash.
- If the speck does not wash out, keep the eye closed, bandage it lightly, and see a doctor.

### **Blows to the Eye**

- Apply a cold compress without putting pressure on the eye. Crushed ice in a plastic bag can be taped to the forehead to rest gently on the injured eye .Don't apply any pressure on the eye.
- In cases of pain, reduced vision, or discoloration (black eye), seek emergency medical care. Any of these symptoms could mean internal eye damage.

### **Cuts and Punctures of the Eye or Eyelid**

- **DO NOT** wash out the eye with water or any other liquid.
- **DO NOT** try to remove an object that is stuck in the eye.
- **DO NOT** rub the eye.
- Cover the eye with a rigid shield without applying pressure. The bottom half of a paper cup can be used.
- See a doctor at once.

A serious eye injury is not always immediately obvious. Delaying medical attention can cause the damaged areas to worsen and could result in permanent vision loss or blindness.

So, if you sustain an eye-injury , rush to an eye-specialist or visit the nearest hospital, even if the injury seems minor at first.

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