

Eye Condition

You have been given this information leaflet because you have been diagnosed with an eye condition.

Infection and minor scratches or abrasions to the eye are a common cause of pain and redness. Less commonly some people suffer from inflammation of the eye.



The following are common symptoms:

- Difficulty opening the eye in light conditions
- Painful eye with the sensation of something still present on the eye
- Watering profusely
- Blurred vision

Treating of an eye condition

You may have been provided with an eye ointment or drops to use. These should be placed into the bottom eyelid whilst looking upwards. Ensure you have washed your hands prior to using them.

Drops – you should place 1 drop at a time and close your eyes after each.

Ointment – a small strip of paste can be placed from one side of the lower eyelid to the other.

Please read the instructions on the medication label for frequency of use and storage.

If you wear contact lenses you should avoid these until your symptoms have improved.
If an infection has caused your eye condition, you should avoid sharing towels and face cloths with other people until it has resolved.

Recovering from an eye condition

Most minor abrasions will improve over the following 2 days. However some patients may be given an appointment to attend the Eye Casualty Clinic for follow-up.

If you have not been given a follow-up appointment and you have persistent or worsening symptoms, then you should attend the Eye Casualty Clinic. This is open Monday to Friday 8am – 4.30pm, and 8am – 12 noon at weekends. Outside of these times you should attend the Emergency Department.

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**Emergency Department
and Minor Injury Unit**
Patient information

You should avoid driving or operating machinery until your vision has improved.

You should seek medical attention if any of the following occur:

- Sudden deterioration in vision
- Unable to open your eye to light
- Headache or vomiting

Treating Pain

If needed, painkiller options include the following:

Paracetamol is usually recommended for painful sprains or strains.

Non-steroidal anti-inflammatory drugs (NSAIDs) relieve pain and may also limit inflammation and swelling. You can buy some types (eg, ibuprofen) at pharmacies, without a prescription either topically as a cream, or as tablets. **You should check the medication advice leaflet to ensure you are safe to take these i.e some patients with asthma or stomach ulcers may not be able to.**

If this does not help, you may need an additional stronger painkiller – such as codeine – you should discuss this with your pharmacist or GP.

Further Information

For further advice and information about your condition, please choose from the following:

- 'NHS Patient Choices' website: www.nhs.uk
- 'Making Lives Better' patient website: www.patient.info
- Telephone NHS 111
- Contact your General Practitioner

Contact details:

The James Cook University Hospital: 01642 850850
Marton Road, Middlesbrough, TS4 3BW

The Friarage: 01609 779911
Northallerton, North Yorkshire, DL6 1JG

Redcar Primary Care Hospital: 01642 511000
West Dyke Road, Redcar, TS10 4NW

To ensure we meet your communication needs please inform the Patient Experience Department of any special requirements, i.e. Braille/ Large Print.

T: 01642 835964

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