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Corneal Abrasion

A corneal abrasion is an injury to the front surface of the eye. The injury can occur when a foreign object gets in the eye, when the cornea becomes scratched, or even from rubbing the eyes too hard. The cornea is very sensitive. Depending on the location and depth of the injury, an abrasion can be quite painful and even sight threatening, resulting in permanent visual impairment.

Treatment is important to prevent infection within the injured cornea. The medication that the doctor prescribes will help heal the cornea and prevent infection. Be sure to follow the doctor's instructions so that the cornea heals properly.

Small abrasions can heal within 24 hours but more severe abrasions can take up to several weeks to heal. This injury can be treated in different ways. The doctor will probably prescribe eye drops and/or ointment. You may need to wear a special contact lens overnight or longer to help with healing. Sometimes a patch may need to be worn on the eye overnight.

The doctor has prescribed the following treatment for you:

Medications/Treatments Prescribed

Dosage/Frequency

Special instructions (follow the instructions that your doctor has checked):

- Fill the prescription today and begin medication as soon as possible.
- Apply eye drops, then close your eye. With one finger, apply mild pressure to the inner corner of the eye. Keep pressure on this area for 90 seconds. This will help the drop stay within the eye.
- Stay indoors and rest your eyes for the first 24 hours. Sunlight will be irritating. If you must go outdoors, wear sunglasses.
- You should notice some improvement in your condition within 24 hours. If the condition worsens, call your doctor's office immediately at one of the following phone numbers:

Office: _____ Emergency after-hours: _____

Instructions for Contact Lens Wearers

- OK to wear your contact lenses.
- Do not wear your contact lenses until further notice

Your Follow-up Visit

Date: _____

Dr.: _____

Time: _____

Phone: _____

