

Eye Injury Tests And Treatment

As with any medical condition, the history is very important. How the injury occurred will often help the ophthalmologist focus the examination. Your vision will be checked, so bring your glasses to the office visit. The ophthalmologist is interested in your best vision possible. To check for injuries to the cornea, the ophthalmologist uses a special dye or stain in your eye, called fluorescein, which stains those areas of the cornea that have been damaged. When a blue light is shone over the eye, corneal abrasions turn green. A device called a slit lamp is often used as well. A slit lamp is essentially a special microscope to look more closely at your eye. X-rays are rarely used, except if an intraocular or intraorbital foreign body is suspected. Corneal foreign bodies do not require x-rays. Chemical exposures the single most important thing to do for chemical exposures is to immediately wash out the eye with great amounts of water. Although saline solution is best, regular tap water is a perfectly acceptable alternative. Particularly, for more serious burning materials, such as acid or alkali, time is of the essence. The affected eye should be washed for 20 minutes or more. It is important that you keep your eyelids open during the irrigation process. How it is done is less important than getting it done with great amounts of water. A water fountain makes a great eye wash. Just lean over the fountain, turn on the water, and keep your eye open. At a sink, stand over the sink, cup your hands, and put your face into the running water. If you are near a shower, get in and put your eye under the running water. This is a good option if you have been sprayed with a chemical in the face and hair. Hold a glass of water to your eye and tip your head back. Do this many times. If you are working outside, a garden hose running at a very modest flow will work. Subconjunctival hemorrhage minimal treatment is needed. Avoid further trauma to the eye, such as rubbing. This injury will heal with time. Corneal abrasions little can be done at home for corneal abrasions. People who wear contact lenses should avoid using their lenses until evaluated by an ophthalmologist. You should seek medical care promptly. Traumatic iritis some people become very light sensitive, and sunglasses may help until treatment is begun. Hyphema keep your head elevated. Do not lie flat. Keep quiet with minimal activity until you are seen by an ophthalmologist. Do not take aspirin for any pain, because this will increase the risk of bleeding. You should seek medical care promptly. Orbital blowout fractures keep your head elevated, and apply ice to your face to reduce swelling. Do not take aspirin for any pain, because this will increase the risk of bleeding. Lid lacerations you should seek immediate medical care. Do not attempt to put anything directly on the eyeball. Do not take aspirin for any pain, because this will increase the risk of bleeding. Lacerations to the eyeball protect your eye, and do not put any pressure on your eye. You should seek immediate medical attention. Foreign bodies gentle flushing with water will often dislodge foreign bodies that have not embedded themselves in the cornea. Do not try to rub or wipe off foreign bodies with a tissue, a Q-Tip, or anything else. Doing so will usually not remove an embedded foreign object and will result in a corneal abrasion that may be more painful than the foreign body itself. Intraocular and intraorbital foreign bodies cannot be treated at home.

About the Author

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