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Eye Injuries

The structure of your face helps protect your eyes from injury. Still, injuries can damage your eye, sometimes severely enough that you could lose your vision. Most eye injuries are preventable. If you play sports or work in certain jobs, you may need protection.

The most common type of injury happens when something irritates the outer surface of your eye. Certain jobs such as industrial jobs or hobbies such as carpentry make this type of injury more likely. It's also more likely if you wear contact lenses.

Chemicals or heat can burn your eyes. With chemicals, the pain may cause you to close your eyes. This traps the irritant next to the eye and may cause more damage. You should wash out your eye right away while you wait for medical help.

Start Here

- **Eye Injury and Safety** [<https://aapos.org/glossary/eye-injury-and-safety>]
(American Association for Pediatric Ophthalmology and Strabismus)
- **Recognizing and Treating Eye Injuries** [<https://www.aao.org/eye-health/tips-prevention/injuries>]
(American Academy of Ophthalmology)
Also in Spanish [<https://www.aao.org/salud-ocular/consejos/reconociendo-las-lesiones>]

Symptoms

- **Eye Symptoms** [<https://www.aao.org/eye-health/symptoms-list>] (American Academy of Ophthalmology)
Also in Spanish [<https://www.aao.org/salud-ocular/sintomas-lista>]

Diagnosis and Tests

- **Dilating Eye Drops** [<https://www.aapos.org/glossary/dilating-eye-drops>]
(American Association for Pediatric Ophthalmology and Strabismus)

Prevention and Risk Factors

- **Eye Injury Prevention** [<https://www.aao.org/eye-health/tips-prevention/preventing-injuries>] (American Academy of Ophthalmology)
Also in Spanish [<https://www.aao.org/salud-ocular/consejos/lesiones>]
- **Safety Glasses and Protective Eyewear** [<https://www.aao.org/eye-health/tips-prevention/injuries-protective-eyewear>]
(American Academy of Ophthalmology)
Also in Spanish [<https://www.aao.org/salud-ocular/consejos/anteojos-gafas-protectoras>]

Treatments and Therapies

- **Black Eye: First Aid** [<https://www.mayoclinic.org/first-aid/first-aid-black-eye/basics/ART-20056675?p=1>]
(Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/first-aid/first-aid-black-eye/basics/art-20056675?p=1>]

Chemical Splash in the Eye: First Aid [<https://www.mayoclinic.org/first-aid/first-aid-eye-emergency/basics/ART-20056647?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/first-aid/first-aid-eye-emergency/basics/art-20056647?p=1>]

- Enucleation [<https://www.aapos.org/glossary/enucleation>] (American Association for Pediatric Ophthalmology and Strabismus)
- Foreign Object in Eye or Skin, First Aid [<https://skinsight.com/skin-conditions/first-aid-foreign-object-in-eye-or-skin/?lmiw9cApl=1>] (VisualDX)



Specifics

- Blowout Fracture [<https://www.aapos.org/glossary/blowout-fracture>]
(American Association for Pediatric Ophthalmology and Strabismus)
- Corneal Abrasions [<https://www.aapos.org/glossary/corneal-abrasions>]
(American Association for Pediatric Ophthalmology and Strabismus)
- Corneal Laceration [<https://www.aao.org/eye-health/diseases/what-is-corneal-laceration>]
 (American Academy of Ophthalmology)
Also in Spanish [<https://www.aao.org/salud-ocular/enfermedades/que-es-una-laceracion-de-la-cornea>]
- Eye Safety at Home: Preventing Eye Injuries [<https://www.aao.org/eye-health/tips-prevention/injuries-in-home>]
(American Academy of Ophthalmology)
Also in Spanish [<https://www.aao.org/salud-ocular/consejos/prevenir-lesiones-oculares-en-casa>]
- Macular Pucker [<https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/macular-pucker>]
 (National Eye Institute)
Also in Spanish [<https://www.nei.nih.gov/espanol/aprenda-sobre-la-salud-ocular/enfermedades-y-afecciones-de-los-ojos/pliegue-macular>]
- Prevent Workplace Eye Injuries [<https://www.aao.org/eye-health/tips-prevention/injuries-work>]
(American Academy of Ophthalmology)
Also in Spanish [<https://www.aao.org/salud-ocular/consejos/en-el-trabajo>]
- What Is a Black Eye? [<https://www.aao.org/eye-health/diseases/black-eye>] (American Academy of Ophthalmology)
Also in Spanish [<https://www.aao.org/salud-ocular/enfermedades/ojo-negro>]
- What Is Hyphema? [<https://www.aao.org/eye-health/diseases/what-is-hyphema>] (American Academy of Ophthalmology)
Also in Spanish [<https://www.aao.org/salud-ocular/enfermedades/que-es-un-hifema>]


Images

- Corneal Abrasion [<https://skinsight.com/skin-conditions/corneal-abrasion/?lmiw9cApl=1>] (VisualDX)
- Corneal Foreign Body [<https://skinsight.com/skin-conditions/corneal-foreign-body/?lmiw9cApl=1>] (VisualDX)


Videos and Tutorials

- Blinking [<https://medlineplus.gov/ency/anatomyvideos/000010.htm>]  (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/anatomyvideos/000010.htm>]
- Corneal injury [<https://medlineplus.gov/ency/anatomyvideos/000035.htm>]  (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/anatomyvideos/000035.htm>]

Statistics and Research

- Eye Health Data and Statistics [<https://www.nei.nih.gov/learn-about-eye-health/eye-health-data-and-statistics>]
 (National Eye Institute)
Also in Spanish [<https://www.nei.nih.gov/espanol/aprenda-sobre-la-salud-ocular/datos-y-estadisticas-relacionadas-con-la-salud-ocular>]

Clinical Trials



- ClinicalTrials.gov: Eye Injuries [<https://clinicaltrials.gov/search?cond=%22Eye+Injuries%22&aggFilters=status:not%20rec>]
 (National Institutes of Health)

Journal Articles


References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Post-traumatic visual sequelae from a forensic medicine perspective: A retrospective analysis...
[<https://www.ncbi.nlm.nih.gov/pubmed/40629737>]
- Article: Investigation of forensic cases with ocular trauma. [<https://www.ncbi.nlm.nih.gov/pubmed/40629732>]
- Article: Consensus on the Treatment of Severe Ocular Trauma and Silicone Oil-Dependent...
[<https://www.ncbi.nlm.nih.gov/pubmed/40571677>]
- Eye Injuries -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Eye+Injuries%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]




Reference Desk

- How the Eyes Work [<https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/how-eyes-work>]
 (National Eye Institute)
Also in Spanish [<https://www.nei.nih.gov/espanol/aprenda-sobre-la-salud-ocular/vision-saludable/como-funcionan-los-ojos>]
- NEI for Kids: Glossary [<https://www.nei.nih.gov/learn-about-eye-health/nei-for-kids/glossary>]  (National Eye Institute)


Find an Expert

- Find an Ophthalmologist [<https://secure.aao.org/aao/find-ophthalmologist>] (American Academy of Ophthalmology)
Also in Spanish [<https://secure.aao.org/aao/encontrar-oftalmologo>]
- National Eye Institute [<https://www.nei.nih.gov/>] 

Children

- About the Eye [<https://www.nei.nih.gov/learn-about-eye-health/nei-for-kids/about-eye>]   (National Eye Institute)
- Black Eyes (For Parents) [<https://kidshealth.org/en/parents/black-eyes.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/black-eyes.html>]
- Corneal Abrasions (For Parents) [<https://kidshealth.org/en/parents/corneal-abrasions.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/corneal-abrasions.html>]
- How Can My Child Watch a Solar Eclipse Safely? [<https://kidshealth.org/en/parents/solar-eclipse-safety.html>]
(Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/solar-eclipse-safety.html>]
- Preventing Eye Injuries (For Parents) [<https://kidshealth.org/en/parents/eye-injury.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/eye-injury.html>]
- Sports and Eye Safety: Tips for Parents and Teachers [<https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/sports-and-eye-safety-tips-parents-and-teachers>]  (National Eye Institute)
Also in Spanish [<https://www.nei.nih.gov/espanol/aprenda-sobre-la-salud-ocular/vision-saludable/los-deportes-y-la-seguridad-de-los-ojos-recomendaciones-para-padres-y-maestros>]

Teenagers

- Never Buy Decorative Contact Lenses without a Prescription [<https://www.aao.org/eye-health/news/scary-lenses>]
 (American Academy of Ophthalmology)

Patient Handouts

- Corneal injury [<https://medlineplus.gov/ency/article/001017.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001017.htm>]

- **Eye - foreign object in** [<https://medlineplus.gov/ency/article/002084.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002084.htm>]
- **Eye emergencies** [<https://medlineplus.gov/ency/article/000054.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000054.htm>]
- **Hyphema** [<https://medlineplus.gov/ency/article/001021.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001021.htm>]



MEDICAL ENCYCLOPEDIA

Blinking [<https://medlineplus.gov/ency/anatomyvideos/000010.htm>]

Corneal injury [<https://medlineplus.gov/ency/anatomyvideos/000035.htm>]

Corneal injury [<https://medlineplus.gov/ency/article/001017.htm>]

Eye - foreign object in [<https://medlineplus.gov/ency/article/002084.htm>]

Eye emergencies [<https://medlineplus.gov/ency/article/000054.htm>]

Fluorescein eye stain [<https://medlineplus.gov/ency/article/003845.htm>]

Hyphema [<https://medlineplus.gov/ency/article/001021.htm>]

Slit-lamp exam [<https://medlineplus.gov/ency/article/003880.htm>]

Related Health Topics

Retinal Detachment [<https://medlineplus.gov/retinaldetachment.html>]

National Institutes of Health

The primary NIH organization for research on *Eye Injuries* is the National Eye Institute [<https://nei.nih.gov/>]

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