CAMFiC
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Intraocular foreign body
What to do if something gets in the eye?

Accidental entry of particles or chemicals into the eye can cause irritation and discomfort to the external parts of the eye, such as the conjunctiva (the thin, transparent skin between the eye and the eyelid) or the cornea (the transparent area that covers the color of the eye, the iris), and can cause erosions and other injuries.

These particles can include wood, metal, dust, sand, as well as eyelashes, insects, or contact lenses. These particles are known as ***intraocular foreign bodies.*** It is important to note that soaps and chemicals can also cause injury and irritation. This problem can arise in any setting, including the workplace, home, or other locations.

What are the symptoms associated with an intraocular foreign body?

Some of the common symptoms associated with this condition include ocular redness, a gritty sensation, pain, tearing, difficulty opening the eyes, and inflammation. If left untreated, corneal injury or ulceration, or other serious injury may occur.

What to do?

1. Wash your hands with soap and water.

2. See if the foreign body is free or trapped at any place:

- If it is small and loose, explore the eye without rubbing it. Try rinsing the eye with clean water to remove the object.

- If there is no improvement, it would be prudent to consult with your primary care physician.
- If the object is embedded, do not attempt to remove it. Apply a bandage to the affected eye, taking care to avoid applying pressure, and seek medical attention at a health center.

3. If the problem has arisen due to soap, detergent, or shampoo, irrigate the eye with low-pressure water for 15-20 minutes. This process can be performed using soap, detergent, or shampoo. If stronger chemicals are involved, it is essential to flush the eye and seek immediate medical attention at a health center.

Always avoid applying eye drops, ointments or other substances until the situation has been assessed by a health care professional to avoid further damage to the eye.

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