



#### **Foreign object in the eye**

A speck of dust, a loose eyelash, or even a contact lens can float on the white of the eye. Usually, such objects can easily be rinsed out. However, you must not touch anything that sticks to the eye, penetrates the eyeball, or rests on the coloured part of the eye (iris and pupil) because this may damage the eye. Instead, make sure the individual gets medical attention quickly.

#### **Recognition features**

There may be:

- Blurred vision
- Pain or discomfort
- Redness and watering of the eye
- Eyelids screwed up in spasm

#### **Treatment**

The aim is to prevent injury to the eye

- Sit the individual down facing the light
- Stand behind them and gently separate the eyelids with your finger and thumb
- Ensure you examine every part of the eye, ask them to look up, down, left and right

#### **If you can see an object on the white of the eye:**

- Wash it out with clean water poured from a glass or a sterile eye-wash bath
- Incline the individual's head towards the injured side and place a towel or pad on the shoulder
- Pour the water from the bridge of the nose allowing it to run through and flush the eye out
- Do not try to remove the object from the eye. Seek medical help

#### **Objects under the upper eyelid:**

- Ask the individual to pull the upper lid down over the lower lid
- The lower lashes may brush the object clear

**Caution** - Do not touch anything that is sticking to or embedded in the eyeball or the iris, the coloured part of the eye

- Place an eye pad over the eye
- Take or send the individual to hospital
- Contact parent to collect