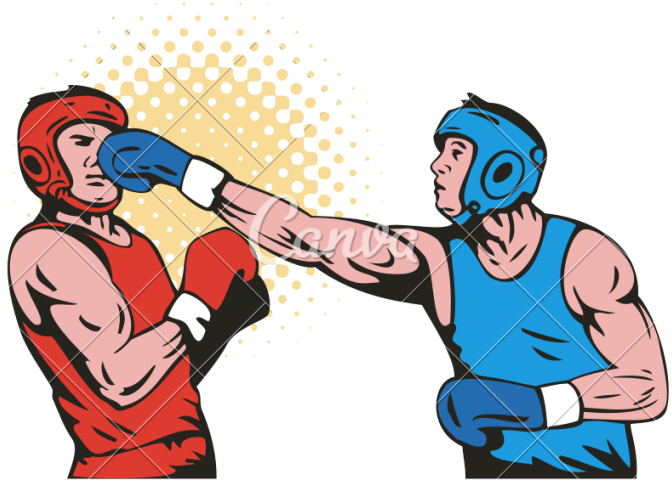
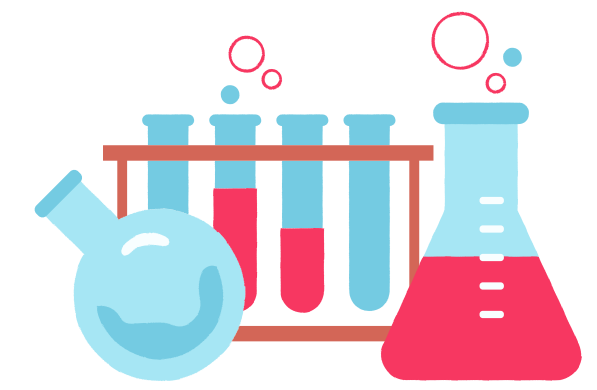


# OCULAR TRAUMA FIRST AID

KRAVCHENKO ANNA  
RESIDENT  
LOMOSOV MSU



PUNCHES



CHEMICAL SPLASHES

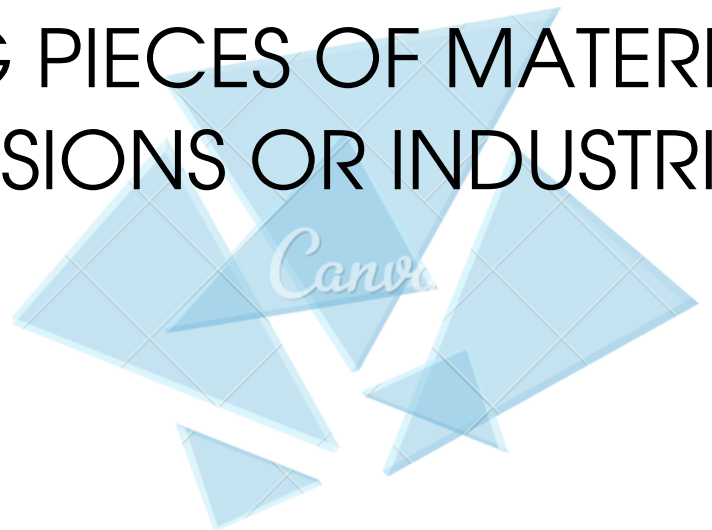
BLOWS FROM HANDS, BALLS  
OTHER SPORTS EQUIPMENT



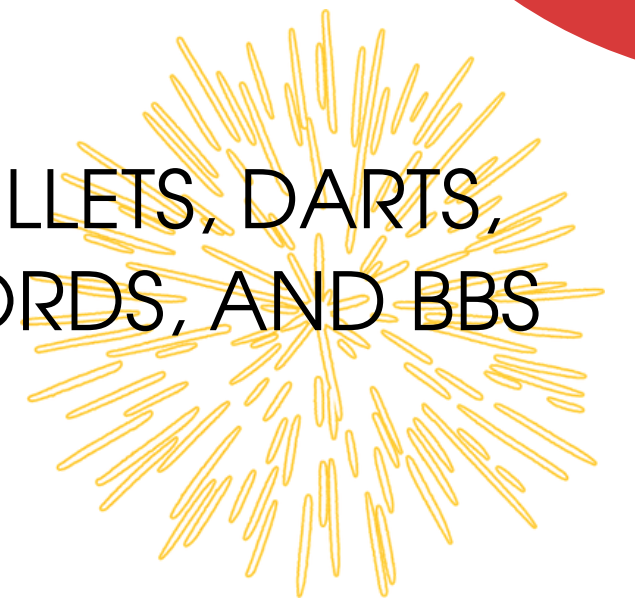
CAUSES

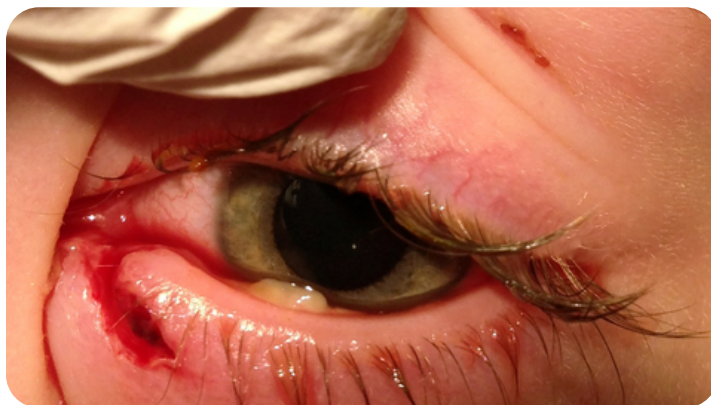
PROTESTS, RIOTS OR  
URBAN WARFARE

FLYING PIECES OF MATERIAL FROM  
EXPLOSIONS OR INDUSTRIAL WORK

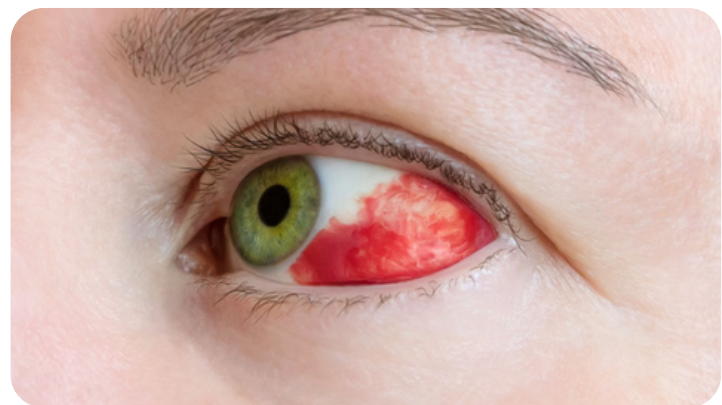


FLYING OBJECTS LIKE BULLETS, DARTS,  
FIREWORKS, BUNGEE CORDS, AND BBS





# Common Symptoms of Eye Injury



ONGOING PAIN IN THE EYE

TROUBLE SEEING

CUT OR TORN EYELID

ONE EYE DOES NOT MOVE AS WELL AS THE OTHER

ONE EYE STICKS OUT OF THE EYE SOCKET FARTHER THAN THE OTHER

THE EYE HAS AN UNUSUAL PUPIL SIZE OR SHAPE

THERE IS BLOOD IN THE CLEAR PART OF THE EYE

THE PERSON HAS SOMETHING IN THE EYE OR UNDER THE EYELID THAT TEARS AND BLINKING CAN'T REMOVE



# TO DO LIST

# Eye Scratches

- ✓ DO RINSE YOUR EYE WITH SALINE SOLUTION OR CLEAN WATER.
- ✓ DO BLINK
- ✓ DO PULL YOUR UPPER EYELID OVER YOUR LOWER EYELID
- ✓ DO WEAR SUNGLASSES
- ✓ DON'T RUB YOUR EYE
- ✓ DON'T TOUCH YOUR EYE WITH ANYTHING
- ✓ DON'T WEAR YOUR CONTACT LENSES
- ✓ DON'T USE REDNESS-RELIEVING EYE DROPS

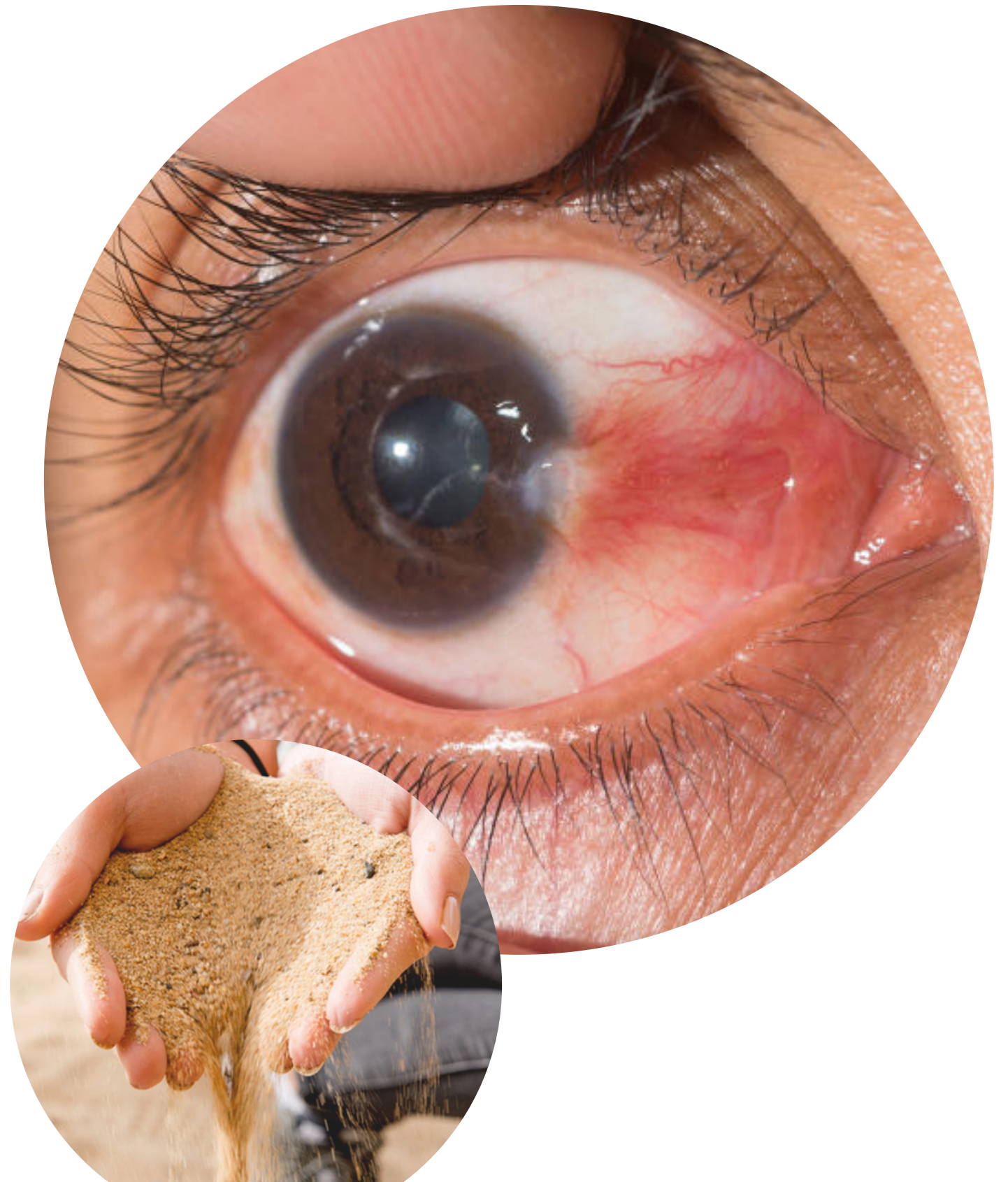




# TO DO LIST

# Small Particles

- ✓ DO NOT RUB THE EYE
- ✓ BLINK SEVERAL TIMES AND ALLOW TEARS TO FLUSH OUT THE PARTICLE
- ✓ LIFT THE UPPER EYELID OVER THE LASHES OF YOUR LOWER LID TO LET THE EYELASHES TRY TO BRUSH THE PARTICLE OUT.
- ✓ USE EYEWASH, SALINE SOLUTION OR RUNNING TAP WATER TO FLUSH THE EYE OUT.
- ✓ SEE A DOCTOR OR GO TO THE EMERGENCY ROOM AS SOON AS POSSIBLE IF YOU CAN'T GET THE PARTICLES OUT OF YOUR EYE OR IF IT STILL FEELS LIKE THERE'S SOMETHING IN YOUR EYE AFTER YOU'VE GOTTEN THE MATERIAL OUT.



# TO DO LIST

# Hit in the Eye

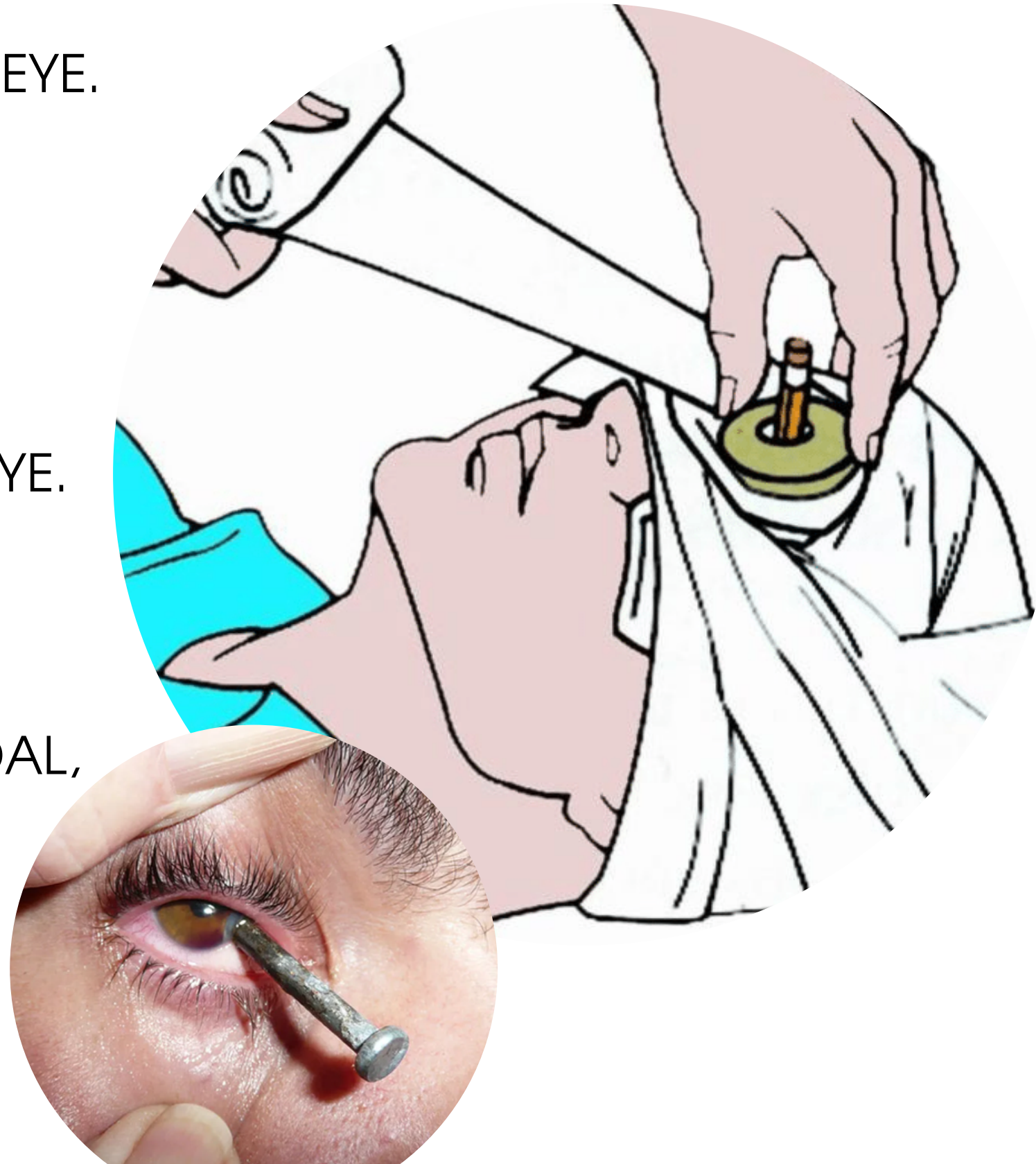
- ✓ GENTLY APPLY A SMALL COLD COMPRESS TO REDUCE PAIN AND SWELLING.
- ✓ DON'T USE STEAKS OR OTHER FOOD ITEMS. THESE CAN GET BACTERIA INTO THE EYE.
- ✓ DO NOT APPLY ANY PRESSURE.
- ✓ IF A BLACK EYE, PAIN OR VISUAL DISTURBANCE OCCURS EVEN AFTER A LIGHT BLOW, IMMEDIATELY CONTACT YOUR OPHTHALMOLOGIST OR EMERGENCY ROOM. EVEN A LIGHT BLOW CAN CAUSE A SIGNIFICANT EYE INJURY, LIKE A RETINAL DETACHMENT.





# TO DO LIST **Cut / Punctured**

- ✓ GENTLY PLACE A SHIELD (PROTECTIVE COVER) OVER THE EYE.
- ✓ DO NOT PRESS THE SHIELD AGAINST THE EYE.
- ✓ DO NOT RINSE WITH WATER.
- ✓ DO NOT REMOVE ANY OBJECTS THAT ARE STUCK IN THE EYE.
- ✓ DO NOT RUB OR APPLY PRESSURE TO EYE.
- ✓ DON'T TAKE ASPIRIN, IBUPROFEN OR OTHER NON-STEROIDAL, ANTI-INFLAMMATORY DRUGS.
- ✓ AFTER YOU HAVE FINISHED PROTECTING THE EYE, GET EMERGENCY MEDICAL HELP.



# TO DO LIST **Chemical Burns**

✓ IMMEDIATELY FLUSH THE EYE WITH PLENTY OF CLEAN WATER.

✓ SEEK EMERGENCY MEDICAL TREATMENT RIGHT AWAY.

✓ LOOK FOR INFORMATION ON THE CHEMICAL THAT GOT INTO THE EYE AS SOME CHEMICALS CAUSE MORE EYE DAMAGE THAN OTHERS.

