

WHAT IS AN EYE CONTUSION?

A person with an eye contusion has a bruise to the skin and soft tissues around the eye. Most people refer to this as a black eye. A bruise is a collection of blood beneath the skin, caused by blood vessels that have broken at the time of an injury.

SYMPTOMS

Symptoms of an eye contusion may include eye pain, swelling around the eye, bruising around the eye and eye redness. Other symptoms include blurry vision and excessive tearing.

TREATMENT

Treatment for an eye contusion may include cold compresses and acetaminophen or nonsteroidal anti-inflammatory medications for pain.

Home care for an eye contusion includes:

Apply cold compresses:

Wrap ice in a moist hand towel. Do not apply ice directly to the skin.

Apply for 20-30 minutes, every 1-2 hours, for the first few days.

Acetaminophen for pain

Avoid nonsteroidal anti-inflammatory medications:

Ibuprofen (Motrin, Advil)

Naproxen (Anaprox, Naprosyn, Aleve)

Ketoprofen (Orudis)

Take prescribed medications as directed:

Don't skip doses of your medication. This makes them less effective.

Be aware of the common side effects that may be caused by your medication.

WARNING SIGNS

Notify your doctor if you have an eye contusion and any of the following:

Blood covering the white of the eye

Blood covering the pupil of the eye

Green or yellow mucus draining from the eye

Change in vision

Cloudiness of the surface of the eye

Double vision

Foreign body on the cornea

Worsening eye pain

Worsening headaches

Worsening sensitivity to bright light