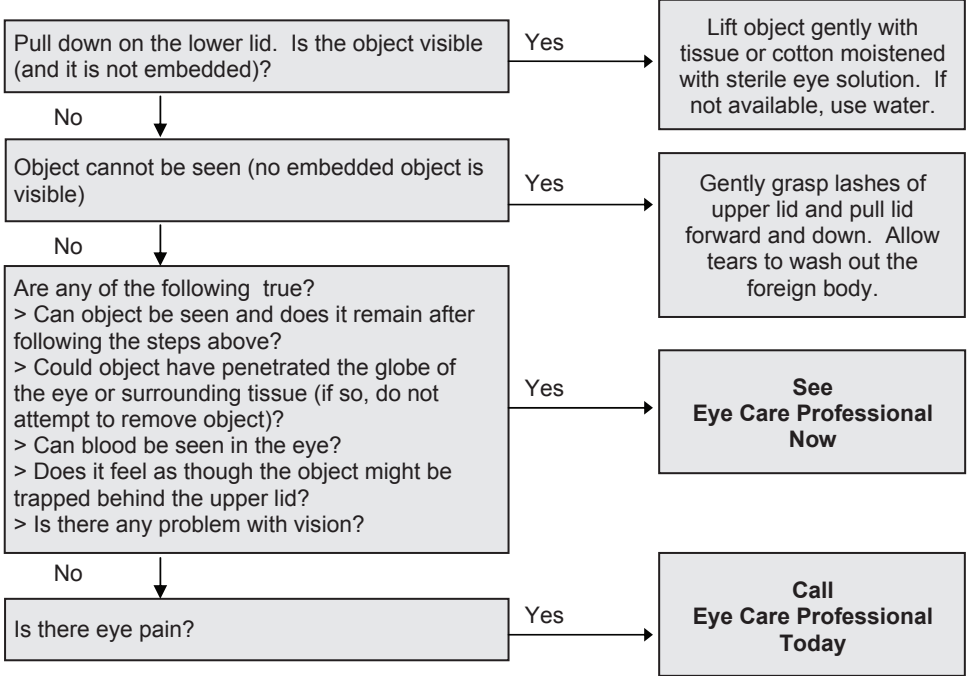


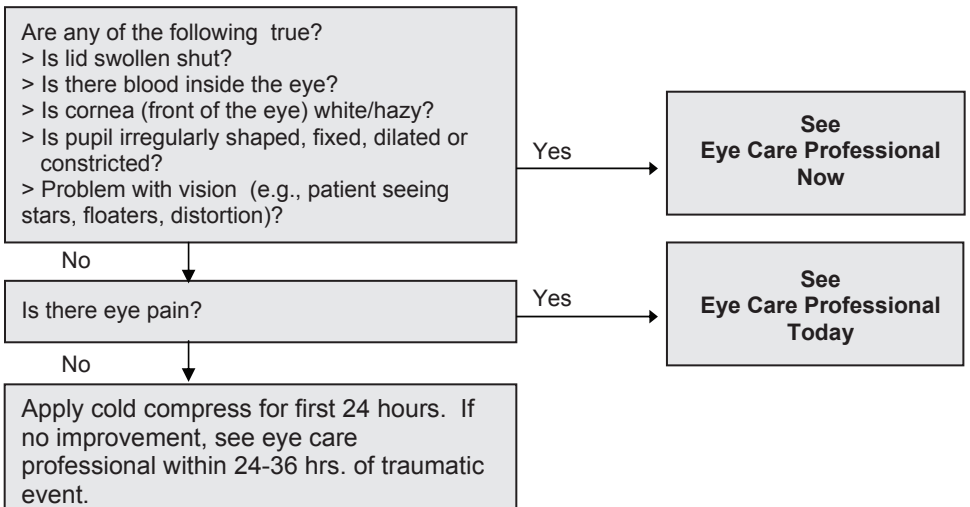


## Sports-Related Ocular Emergencies: What to Do

### Foreign Object in Eye / Eye Pain



### Blunt Trauma



Patient should also have a dilated fundus exam performed by an eye care professional within 96 hours of the event as serious internal eye injuries may have occurred.

# Sports-Related Ocular Emergencies: What to Do

This material is informational in nature and does not constitute medical advice. Consultation and referral to a qualified eye care professional must be undertaken in all cases.

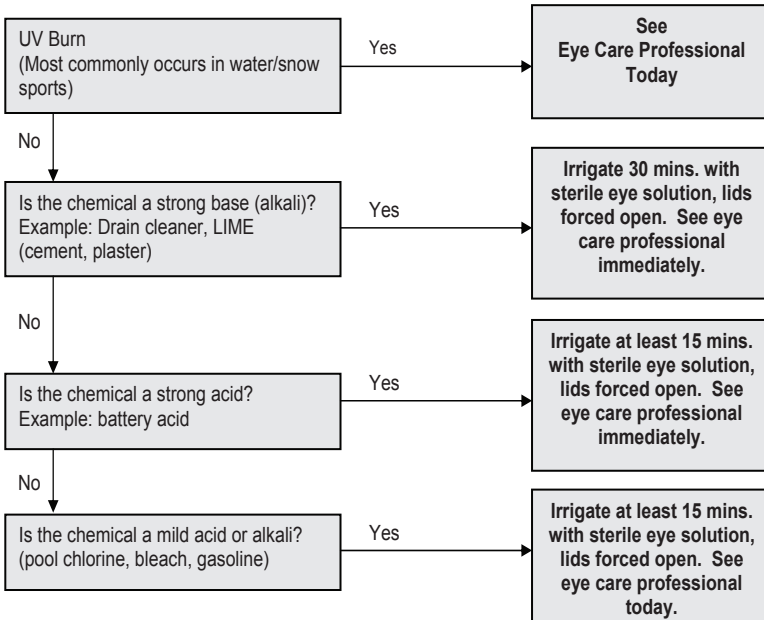
## Superficial Injury to Eyelid

Gently apply direct pressure to stop bleeding. Cleanse wound and apply sterile dressing taped in place or by bandage encircling head.

See  
Eye Care Professional  
Now

## Burns

In the event of a chemical burn, do not attempt to neutralize acids or alkalis. Do not use an eye cup. Do not bandage the eye. When irrigating, make sure the chemical does not wash into the other eye as well. If sterile eye solution is not available, use water.



## Prevent Injuries Before They Happen

Almost all sports-related eye injuries can be prevented, according to Prevent Blindness America. The American Optometric Association encourages the use of protective eyewear that meet the standards set by the American Society for Testing and Materials (ASTM) and the American National Standards Institute (ANSI).

Athletes should be educated by their team physician or optometrist about proper eye and facial protection and should be encouraged to use protective devices.



American Optometric Association  
Sports Vision Section