



veonet
Ireland

Specialist Eye Clinics

Chemical Eye Injury: Aftercare Instructions

Important:

A chemical burn to the eye is a serious injury that requires careful aftercare to promote healing and prevent complications. Please follow these instructions closely and attend all follow-up appointments.

What Happened?

Your eye has been exposed to a chemical substance that has caused damage to the surface of the eye (the cornea and conjunctiva). The severity of the injury depends on the type of chemical, the amount, and how quickly it was washed out.

You have received immediate treatment, including thorough irrigation (washing) of the eye. Now, proper aftercare is essential to support healing and protect your vision.

What to Expect During Recovery

In the first few days:

- Pain, discomfort, or a gritty sensation in the eye
- Redness and watering
- Sensitivity to light (photophobia)
- Blurred vision
- Swelling of the eyelids

These symptoms should gradually improve over the coming weeks.

However, healing time varies depending on the severity of the burn.

Medications

If you have been prescribed eye drops, ointments, or oral medication, **it is crucial that you use them exactly as directed.**

How to Apply Eye Drops/Ointment:

1. **Wash your hands thoroughly** before handling your medication
 2. **Tilt your head back** and look up
 3. **Gently pull down your lower eyelid** to create a small pocket
 4. **Squeeze one drop (or a small ribbon of ointment)** into the pocket—do not let the tip touch your eye
 5. **Close your eye gently** for 1–2 minutes
 6. **Wipe away any excess** with a clean tissue
 7. **Wait at least 5 minutes** between different types of drops if you are using more than one
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Important:

- Do not stop using your medications unless instructed by your ophthalmologist
- If you run out of medication before your next appointment, contact us immediately
- Store medications as directed (some may need refrigeration)

Do's and Don'ts

DO:

- ✓ **Attend all follow-up appointments**
– these are essential to monitor healing and adjust treatment
- ✓ **Use your prescribed medications exactly as directed**
- ✓ **Wear sunglasses outdoors** to protect your eye from bright light and UV exposure
- ✓ **Keep your eye clean** – gently wipe away any discharge with a clean, damp cloth (boiled and cooled water)
- ✓ **Rest your eyes** – avoid prolonged screen time and reading if it causes discomfort
- ✓ **Sleep with your head elevated** (on extra pillows) to reduce swelling
- ✓ **Contact us immediately** if your symptoms worsen (see “When to Seek Urgent Help” below)

DON'T:

- ✗ **Do not rub or touch your eye** – this can cause further damage
- ✗ **Do not wear contact lenses** until your ophthalmologist says it is safe
- ✗ **Do not wear eye makeup** until your eye has fully healed
- ✗ **Do not swim** or expose your eye to chlorinated or dirty water
- ✗ **Do not drive** if your vision is blurred or you are using ointment that affects your sight

✗ Do not miss follow-up appointments
– even if your eye feels better

When to Seek Urgent Help

Contact us immediately or go to A&E if you experience:

- **Sudden worsening of pain** that is not relieved by painkillers
- **Sudden loss of vision or significant vision changes**
- **Increasing redness, swelling, or discharge** (signs of infection)
- **Severe sensitivity to light that prevents you from opening your eye**
- **A feeling that something is stuck in your eye**
- **New floaters, flashes of light, or a curtain/shadow across your vision**

Do not wait for your next appointment if you are concerned. Chemical eye burns can develop complications, and early intervention is critical.

Please if recommended by your consultant for a follow up appointment please attend this even if your eye feels better.

We need to check that your eye is healing properly and adjust your treatment if necessary.

If you cannot attend, please contact us as soon as possible to reschedule.

Long-Term Outlook

Most chemical eye burns heal well with prompt treatment and careful aftercare. However, recovery time varies:

- Mild burns may heal within a few days to a week
- Moderate to severe burns may take several weeks or months, and some patients may experience long-term changes to vision or require further treatment

Your ophthalmologist will discuss your individual prognosis and any additional treatments you may need, such as:

- Ongoing lubricating drops for dry eye
- Treatment for scarring or corneal damage
- Referral for specialist procedures if needed

Contact Us

If you have any questions or concerns about your recovery, please contact your Veonet Ireland clinic:

T +353 (0)1 270 7888

E info@veonet-ireland.com

[veonet-ireland.com](https://www.veonet-ireland.com)

Opening hours:

Monday–Friday, 9.00 to 17.00

Out of hours number:

T +353 (0)1 270 7887

In an emergency, go to your local A&E.

Remember:

Your eye has been through a significant injury, and healing takes time. Follow your treatment plan carefully, attend all follow-up appointments, and don't hesitate to contact us if you have any concerns.

We're here to support your recovery every step of the way

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To request this brochure in an alternative format or language, please contact:

T ROI 01 270 7888 or NI 028 9002 9002

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