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Perspective

The Long-Term Effects of Eye Trauma and Rehabilitation Options

Zhang Ferede*

Department of Neuro-ophthalmology, Taipei Medical University, New Taipei City, Taiwan

DESCRIPTION

Eye trauma encompasses a wide range of injuries affecting the eye, which can result in significant visual impairment or blindness. Such injuries can stem from mechanical impact, chemical exposure, or thermal damage. Given the role that vision plays in daily life, preventing these injuries through proper protection is essential. This article explores the causes, types, and management of eye trauma, and underscores the importance of eye protection.

Blunt force injuries occur when the eye is hit by an object, such as a ball, fist, or other blunt instruments. Consequences can range from bruising and swelling to more severe issues like retinal detachment or orbital fractures. Caused by sharp objects piercing the eye, leading to potential damage to the cornea, lens, or deeper structures. Involve an object entering and exiting the eye, causing extensive damage and often requiring immediate surgical intervention. Typically cause immediate pain and surface damage to the cornea and conjunctiva. More severe than acid burns, these can penetrate deeper into ocular tissues, causing extensive and sometimes irreversible damage. Resulting from exposure to extreme heat or cold, thermal injuries can cause burns or frostbite to the ocular tissues. Prolonged exposure to UltraViolet (UV) light or other forms of radiation can damage the cornea and lens, leading to conditions such as photokeratitis or cataracts. High-impact sports such as basketball, baseball, and racquet sports pose significant risks due to fast-moving objects and physical contact. Industries involving machinery, chemicals, or debris (e.g., construction, manufacturing, and laboratories) have high rates of eye injuries. Accidents involving cleaning agents, gardening tools, and DIY projects can lead to significant eye injuries. Eye injuries from airbag deployment and shattered glass are common in vehicle crashes. Visual acuity test is used to assess the extent of vision impairment. Slit lamp examination provides a detailed view of the eye's structures. Fluorescein staining is used to identify corneal abrasions or foreign bodies. The management of eye trauma depends on the type and severity of the injury. Immediate and appropriate treatment is important to prevent further damage and preserve vision. For chemical exposures, rinse the eye with copious amounts of water or saline for at least 15 minutes. Use a clean cloth or eye shield to protect the eye from further injury until medical help is available. If a foreign object is embedded in the eye, do not attempt to remove it. Seek professional medical assistance immediately. Antibiotic eye drops or ointments to prevent infection, anti-inflammatory drugs to reduce swelling, and pain relievers. Required for severe injuries, such as retinal detachment, lacerations, or intraocular foreign bodies. Surgical repair may involve procedures like vitrectomy, laser therapy, or corneal transplantation. After initial treatment, regular follow-up visits are essential to monitor healing and manage any complications. Vision therapy or rehabilitation may be necessary for cases involving nerve damage or significant vision loss. Preventing eye trauma involves a combination of education, protective equipment, and adherence to safety protocols. Polycarbonate lenses are recommended for athletes involved in high-risk sports. Essential for workers in industries with exposure to flying debris, chemicals, or radiation. UV-protective sunglasses help prevent radiation-induced eye injuries. Identify potential eye hazards in the workplace and implement appropriate safety measures. Educate employees on the importance of eye protection and proper use of protective equipment. Ensure that first aid supplies, including eye wash stations, are readily available. Store household chemicals securely and use protective eyewear when handling them. Wear safety goggles when using power tools and ensure that the tools are in good working condition. Keep sharp objects and hazardous materials out of reach of children.

Correspondence to: Zhang Ferede, Department of Neuro-Ophthalmology, Taipei Medical University, New Taipei City, Taiwan, E-mail: Zhangferede@gmail.com

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