



Patient Information

Recurrent Corneal Erosions

What is Recurrent Corneal Erosion?

This is a commonly occurring condition affecting the cornea, the clear covering to the front of the eye. Following a minor injury such as a scratch from a branch, fingernail or animal claw, the surface of the cornea repairs, unfortunately the new tissue fails to adhere to the layer beneath. So any time after the scratch appears to have repaired, it may be pulled off again.

What will I notice?

It is usually the eye lid that knocks the newly healed skin off, resulting in pain upon waking. Your eye may also be watering and light sensitive. As the surface skin heals during the day the symptoms subside, it is very likely the cycle may repeat.

The treatment

The goal of treatment is to minimise friction between the eyeball and the eye lid. This is usually in the form of preservative free eye drops during the day and ointment at night for several weeks for a minimum of three months, possibly longer.

It is sometimes necessary to apply a firm dressing to prevent eyelid movement in the first instance. You may also be provided / prescribed with antibiotics and pupil dilating drops as necessary. You may find taking Paracetamol, following the packet instructions is sufficient pain relief.

Together these steps will usually settle the recurrent erosions:

You must avoid rubbing the affected eye.

Take steps to remain hydrated, by drinking plenty of clear fluids throughout the day. Use the eye drops and ointment as prescribed.

If the recurrent corneal erosions continue to recur, further treatment may be necessary.

Contact Details

Eye Clinic Triage Telephone Number: 01793 604868

Monday to Friday 09:00 to 21:00

Saturday/Sunday/Bank Holidays 09:00 to 13:00



Recurrent Corneal Erosions

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

Division: Planned Care
Department: Ophthalmology
Approved Date: 14 July 2020
Next Review Date: August 2023
Document Number: PC - PIL0165