Flashburn of the Cornea
(Ultraviolet Keratitis)

Flashburn of the cornea happens when too much light (*ultraviolet*) enters the eye. The cornea is the clear cover on the front of your eye. This can happen from direct light or light reflected off of snow (*snow blindness*). It can also happen from not protecting your eyes while welding (*welder's blindness*). It can happen from the lights used in a science lab or at a fish exhibit (*aquarium*).

Problems usually start 6 to 12 hours after your eyes are exposed to the bright light. You might have tears in your eyes, pain, or puffy (*swollen*) eyelids. You will usually get better in 24 hours, even if you do nothing.

HOME CARE

To take care of yourself:
- Put cold packs on your eyes.
- Only take medicines as told by your doctor.
- Wear an eye patch if your doctor tells you to.
- **Do not rub your eyes.**
- Go for a follow-up visit if your doctor tells you to.
- See an eye doctor within 48 hours if you are not getting better.

GET HELP RIGHT AWAY IF:

- Your pain is strong and does not go away.
- Your problems last more than 48 hours.
- You cannot avoid bright light, and you need extra protection for your eyes.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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