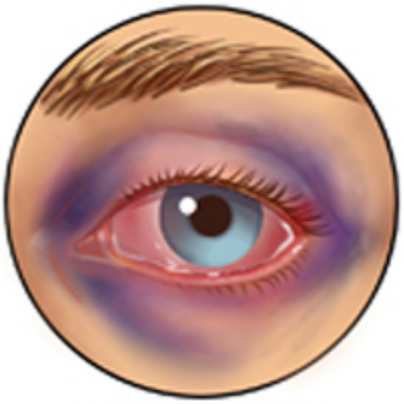
# Black Eye
## Contusion of the Orbit of the Eye

A black eye can happen when the eye area is hit with force. Bleeding can happen under the skin of the eyelids. This causes the lids to puff up (*swell*) and look red and then black. This is often called a "black eye." If the injury involves only the lids and the surface of the eye, the black area will turn greenish and then yellowish in color before going away. The swelling may also go under the clear membrane that covers the white part of the eyeball making it very thick and red. If the black eye only involves the lids and tissues around the eye, the injured area will get better within a few days to weeks. However, black eyes can be serious and affect the eyeball and sight.




### CAUSES
- Blunt injury or trauma to the face or eye area.
- A forehead injury when blood under the skin works its way down to the eyelids.
- Rubbing the eyes due to irritation (like allergies).
- Blood clotting diseases.
- Other serious eye or eye socket (*orbit*) diseases (tumor, blood clot or infection behind the eye, etc).

### SYMPTOMS
- Swelling and redness of the eyelids.
- Eyelid area turns to a black color.
- Tenderness or soreness of the eyelids.

### DIAGNOSIS
An eye professional can tell if you have a black eye during an eye exam. The eye must be looked at carefully to be sure that it is not injured or that nothing else can threaten vision.

### HOME CARE INSTRUCTIONS
- If an ophthalmologist has determined that there is no injury to the eye, you may continue normal activities.
- Sun glasses may be worn to protect your eyes from bright light if this is uncomfortable.
- Apply ice to the injury for 20 minutes, 3-4 times per day for swelling during the first 24 to 48 hours. To do this:
  - Put the ice in a plastic bag.
  - Place a towel between the bag of ice and your skin.
- Sleep with your head high (*elevated*). You can put an extra pillow under your head. This may help with discomfort.
- Only take over-the-counter or prescription medicines for pain, discomfort or fever as directed by your caregiver.
- **Do not** use aspirin as this can increase bleeding.

If there is an injury to the eye, treatment will be determined by the nature of the injury.

### SEEK IMMEDIATE MEDICAL CARE IF:
- You have any form of visual loss in the eye on the side of the injury.
- You have double vision. You see two of everything (*diplopia*).
- You feel sick to your stomach, dizzy, sleepy or faint.
- You develop any discharge from the eye or your nose.

- The swelling and discoloration does not begin to go away in a few days.

**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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