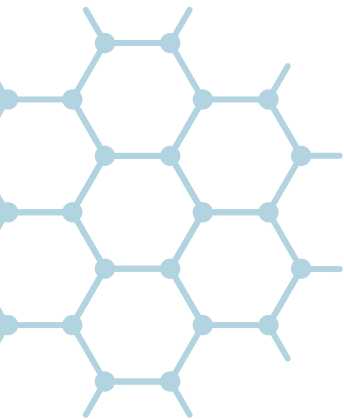


Dr. Steven D'Orio

FOREIGN BODY SENSATION



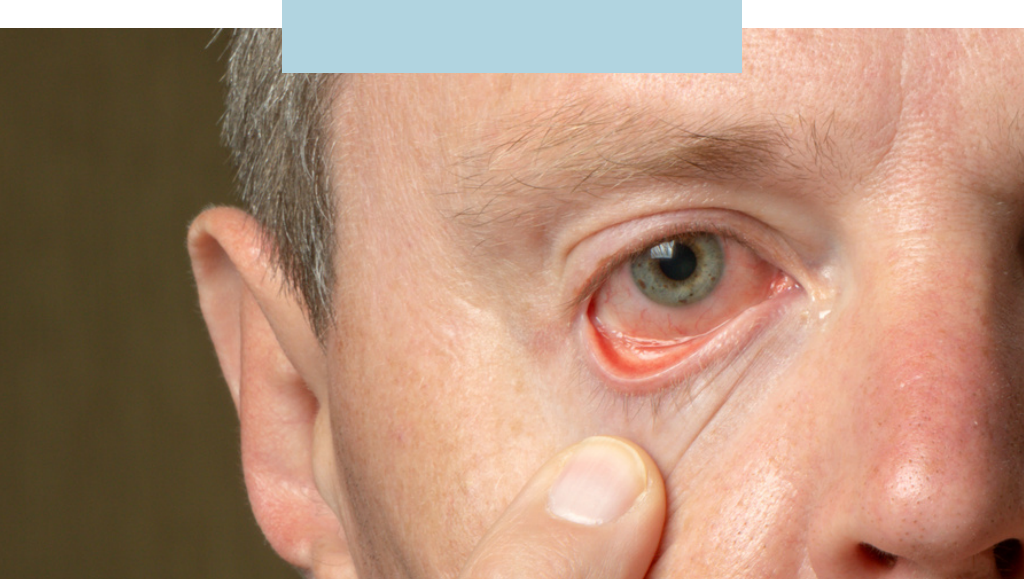


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Foreign Body Sensation often includes a sharp pain in the eye, followed by burning, irritation, tearing, and redness. Patients describe to their optometrist that they feel like something is in their eye or that their eyes feel irritated constantly, and it may even feel as if something is moving around in the eye when closed.

Some patients describe these symptoms as feeling similar to having sand in their eyes and feeling a scratching sensation on the eye when blinking.

Though most of the time this Foreign Body Sensation relates to the front surface of the eye being affected, this symptom can relate to a variety of different factors. Other common causes are dry eyes, blepharitis (an inflammation in the eyelids,) conjunctivitis or other inflammatory conditions.



Other Conditions Causing Foreign Body Sensation:

Conjunctivitis (Pink Eye)

- Conjunctivitis, commonly known as pink eye, can cause irritation and a foreign body sensation in the eye.
- This condition is characterized by inflammation of the conjunctiva, the thin membrane covering the white part of the eye and the inner surface of the eyelids.
- Infection, allergies, or exposure to irritants can trigger conjunctivitis, leading to discomfort and pain.

Corneal Abrasions

- Corneal abrasions are another common cause of foreign body sensation in the eye.
- These occur when the cornea, the clear front surface of the eye, gets scratched or injured.
- Foreign objects like dust particles, contact lenses, or even fingernails can lead to corneal abrasions.
- The resulting pain and discomfort can make individuals feel as if there is a foreign object present in their eyes.

Blepharitis

- Blepharitis refers to inflammation of the eyelid margins and is often associated with a foreign body sensation.
- It occurs due to various factors such as bacterial infection or malfunctioning oil glands at the base of the eyelashes.
- Individuals with blepharitis may experience redness, swelling, itching, and a gritty feeling in their eyes.

Meibomian Gland Dysfunction

- Meibomian gland dysfunction (MGD) affects tear quality and can result in a foreign body sensation.
- The meibomian glands located along the eyelid margins produce an oily substance that helps keep tears from evaporating too quickly.
- When these glands become blocked or dysfunctional, tear film instability occurs. This leads to dryness and discomfort similar to having a foreign object in one's eye.



Foreign Body Sensation can be seen after a patient has participated in risky behavior such as:

- grinding
- welding
- drilling without proper eye protection

However, it can also be felt after encountering airborne debris when driving or walking. Small particles are often the culprit for Foreign Body sensation, and typical examples include airborne dust or sawdust.

In some cases it could be a larger or more dangerous material, for example a piece of metal or metal dust fragments. These need to be dislodged by an optometrist immediately so scarring and vision loss can be prevented.



Did you know that dry eyes are also a potential cause of foreign body syndrome?

Insufficient tear production leading to dryness can often be the culprit behind the uncomfortable foreign body sensation experienced by many individuals. When the eye surface lacks adequate moisture, it becomes prone to irritation and discomfort. Various factors can contribute to this condition, including environmental elements that exacerbate dry eyes.

As we age, tear production tends to decrease naturally, making older individuals more susceptible to experiencing dryness. Moreover, chronic conditions like Sjögren's syndrome further contribute to dryness in the eyes. These factors collectively disrupt the delicate balance of the tear film, resulting in an uncomfortable foreign body sensation.

To alleviate the discomfort caused by dry eyes and reduce the foreign body sensation, there are several options available. One effective solution is using artificial tears or eye drops specifically designed to lubricate and hydrate the eye surface. These drops mimic natural tears and provide relief from dryness.



Maintaining good eyelid hygiene is crucial in managing dry eyes. Regularly cleaning your eyelids helps prevent debris buildup that could worsen symptoms. It is also important to avoid rubbing your eyes vigorously as this can lead to corneal erosion and further aggravate discomfort.

Protecting your eyes from environmental irritants such as dust particles is another essential step in managing dryness. Wearing sunglasses or protective eyewear shields your eyes from potential irritants present in outdoor environments.



Flushing the eye with clean water or saline solution can help alleviate foreign body sensation. This simple step can effectively remove any particles that may be causing discomfort. Using artificial tears to lubricate the eyes can provide relief and reduce irritation.

It is important to avoid rubbing or touching the affected eye excessively as this can further aggravate the sensation. Instead, try blinking frequently to naturally flush out any irritants that may have entered the eye.

If symptoms persist despite these measures, seeking medical attention is recommended. A healthcare professional can thoroughly examine the eye and determine if there is a more serious underlying cause for the foreign body sensation.

In some cases, ointments may be prescribed as part of the treatment plan. These ointments are designed to soothe and protect the eye while promoting healing.



Watch Our Video:
Foreign Body Sensation - EXPLAINED

Now that you have a better understanding of foreign body sensation in the eye, it's time to take action. Don't let this discomfort continue to disrupt your daily life. By identifying the causes, recognizing the symptoms, and exploring treatment options, you can find relief and restore your ocular comfort.



Watch Our Video:
Dr D'Orio Symptoms | Foreign Body Sensation

Remember, prompt action is crucial when dealing with foreign body sensations in the eye. By following these treatment options and seeking appropriate medical care if needed, you can effectively address this uncomfortable condition and restore comfort to your eyes.





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