



With Wakefield Sports Clinic's James Ilic: Team Doctor for Adelaide United, Woodville-West Torrens; Australian Beach Volleyball; Matildas.

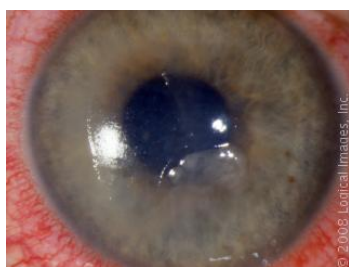


Wakefield Sports Clinic (WSC): A player has just been scratched in the eye area – what happens next?

James Ilic (JI): If it's just a scratch to the skin or eyelid, and the vision is perfectly normal, the person's not complaining of any eye pain, and there's no obvious bleeding then the person can certainly return to the game. But if the player complains of pain within the eyeball itself, and/or has any change in vision, then they *must* be assessed medically.

WSC: What is a doctor likely to find?

JI: One of the things that may have occurred is a scratch across the cornea, which is the clear part of the eye. That will cause discomfort any time the player blinks, may cause some blurred vision, and should be treated medically.

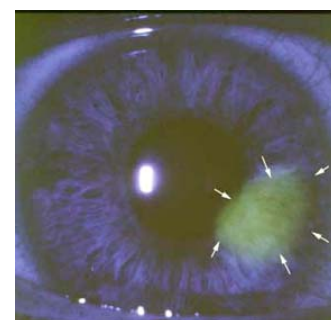


WSC: How would a trainer dress the eye in preparation for a trip to the doctor?

JI: If the cornea is scratched, then the eye is most comfortable when it's closed and not blinking. Rinse the eye with a saline solution (preferable) or



clean water to remove any foreign object that may still be scratching the eye. Then apply a double eye pad with tape across it to hold it closed and in place and call ahead to your clinic before sending them off for medical help. Once there, a scratched cornea is easy to diagnose. The doctor will put a fluorescent dye in the eye which will show scratches under a blue light.



WSC: How long do scratches take to heal?

JI: Generally they heal pretty well, within 24-48 hours

WSC: Do you need to patch both eyes, so the affected eye is not tempted to move in unison with the free one?

JI: Not necessary for a scratched cornea. In some other injuries, yes, but not necessary here.

WSC: Is there any risk of scarring? What precautions should one take to prevent infection?

JI: Generally corneal scratches don't scar, or get infected. What doctors may do is put some prescription antibiotic ointment in the eye then close it up with the eye pad for 24 hours.

JI: I must reiterate that if any damage to the eye is suspected, the player must be referred to a doctor.

For more sports injury-related and high-performance information, visit www.wakefieldsports.com.au Wakefield Sports Clinic is responsible for the care of many of the nation's elite athletes, including players from the Adelaide Crows, Adelaide United, 36ERS, Matildas, Young Socceroos, six out of nine SANFL Teams, the SAAFL, NetballSA and much more.