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Black with eyes

By Glenda TaylorUpdated: Mar 6, 2019Often, after trauma to the face or eye region, the tissue around the eye bruises and a black eye forms. Tiny blood vessels in the face, capillaries, burst due to the trauma and leak blood under the skin. Black eyes often swell heavily, which can affect vision. Most black eyes cause some level of pain. Generally, black eyes recover with simple home treatments and do not require medical intervention. However, trauma to the eyes can cause other issues as well as black eyes, and these complications may require medical attention. Applying a cold compress or ice pack is one of the first treatments a person should turn to after a black eye begins to develop. Lightly press the ice pack to the injured eye for 15 minutes every hour for the first 24 hours following the injury. Never place ice directly on the skin or press too firmly. If an ice pack or cold compress is not available, substitutes such as bags of frozen vegetables or a cloth wrapped around loose ice are also effective. Kemter / Getty Images After the 24 hours, swapping from an ice pack to warm compresses will reduce pain and swelling. While many people do not own a warm or hot compress, they are simple to make. Simply dipping a cloth in hot water is effective enough, but it is often more ideal to heat cold water in a clean pot than to use warm water from the tap. In many homes, warm water sits in a water heater tank, and this can lead to accumulations of bacteria that travel from the cloth to the eye. Some individuals find that warm compresses containing herbal teas or infusions such as garlic have extra healing power. solidcolours / Getty Images Many over-the-counter (OTC) medications can help alleviate the symptoms of black eyes. Certain nonsteroidal anti-inflammatory drugs can manage pain, fever, and inflammation. Stronger OTC pain medications often appear in cold medications and pain relievers. As with all medications, it's important to stick to the recommended dosages. Many have potentially dangerous side effects should a person exceed the proper dosage amount. For example, excessive doses of some drugs can lead to liver failure. PeopleImages / Getty Images Before taking any medication, it's important to read the side effects. For example, some nonsteroidal anti-inflammatory drugs increase bleeding. These drugs can worsen the bruising and may lead to more severe issues. If a person notices that the eye itself begins to bleed or develop severe redness, they should immediately contact a medical professional. This is a common symptom of more severe eye injuries that may be difficult for physicians to treat. Without treatment, the damage may be irreversible and have serious consequences. asiseeit / Getty Images Beyond just treating the symptoms, it's important to protect an injured eye from other damage. This doesn't necessarily mean protective coverings such as wraps or goggles, though this may be helpful for some. Rather, protecting the eye is a matter of avoiding other physical injuries. Normally active individuals may want to avoid exercises or sports that could cause more damage. People prone to falls should ensure their floors are clear of obstructions or use walking assistance such as canes, walkers, or wheelchairs. Dean Mitchell / Getty Images Severe black eyes may have swelling that doesn't respond to cold or warm compresses. In some cases, they may even be painful enough to affect a person's sleep. In instances of severe black eyes, many people find it beneficial to elevate their head while lying down. This can help with the swelling and inflammation. Some may notice that bruising moves from the eye to the cheek or the other eye. This is a normal occurrence and is not necessarily a sign of a worsening condition. Nomad / Getty Images Many people hear about or see people using raw meat to help ease black eyes. However, this is a potentially dangerous myth. Primarily, no research suggests that raw meat is effective in alleviating any of the symptoms of a black eye. Additionally, raw meat contains lots of bacteria, which can travel to the bruise and the eye, potentially resulting in serious infection. Cold compresses are safer and more effective than raw meat. Sergey Nazarov / Getty Images Some people may have symptoms that persist for several days even while using various methods of treatment. If the black eye doesn't show any sign of recovery within a few weeks, medical intervention is likely necessary. Additionally, if the black eye worsens or begins to affect vision, a specialist may need to investigate the issue. Trauma often affects more than the area around the eye, and there could be bone or nerve damage that is not visible from the surface. asiseeit / Getty Images Some signs and symptoms indicate the need for immediate medical assistance. Primarily, any behavioral changes, forgetfulness, or fatigue could be signs of a more serious head injury. Other symptoms that might require immediate care include An inability to properly move the affected eye.Fluid leaking from the eye, bruise, ears, or nose.Loss of consciousness.Signs of broken bones or teeth.An inability to walk or move properly. Adene Sanchez / Getty Images Depending on the symptoms, a general physician may refer a patient to specialists in other fields for specific treatments. Typically, this begins with tests to determine what underlying conditions might exist, such as x-rays for fractures or MRI scans for brain damage. If a physician suspects a brain or skull injury, they may refer to a neurosurgeon. If the eye itself appears to have an injury, an ophthalmologist will often take over the treatment. These doctors will perform treatments specific to the patient and the injury. HRAUN / Getty Images They may be called black-eye peas, but the "eyes" are sometimes actually brown or purple -- which doesn't make this pea any less delicious.In this article, we will discuss growing California Black-Eye Peas, selecting California Black-Eye Peas and the nutritional value of California Black-Eye Peas.Black-eyed peas are sensitive to cold, can be most easily grown in the South and can actually improve the quality of the soil they are grown in.Black-eyed peas are tender annuals. Depending on the variety, they can be either bushy or climbing plants. The seeds on the dwarf varieties are usually white with a dark spot (the "black eye") where they're attached to the pod; sometimes the spots are brown or purple. This vegetable is also called "cowpea," "field pea," and "Southern pea."Common Name: California Black-eye PeaScientific Name: Vigna unguiculataHardiness: Very Tender (harvest before the first frost)In the next section, we'll discuss how to grow California Black-Eye Peas.7 Try:Vegetable Gardens: Grow a full harvest of great vegetables this year.Gardening: We answer your questions about all things that come from the garden. Home Conditions Eye Injuries Black Eye | En Español By Amy Hellem; Reviewed by Shane Kannarr, OD A black eye occurs when fluid collects in the tissues surrounding the eye, usually after an injury to the area. It is technically a bruise or discoloration caused by broken blood vessels under the surface of the skin.Because the facial skin around the eye socket is relatively thin and transparent, even a slight pooling of blood can result in a very noticeable discoloration.A mild black eye may appear red at first, then darken and get more swollen with time. As a bruised eye begins to heal, it can turn purple, blue, green or even yellow.Like other bruises, a black eye is often accompanied by swelling.A black eye might casually be known as a "shiner," but its medical name is periorbital hematoma.It's more difficult to pronounce, but the term better describes the condition — a collection of blood (hematoma) located in the tissues around, not inside, the eye (periorbital).What causes black eyes?Black eyes usually happen after an object strikes the area surrounding the eyes.A black eye can affect the area under the eye, or it can surround the eye completely.All sorts of events can lead to a black eye, from playing sports to accidentally walking into something. But injuries aren't the only things that can cause a bruised eye.Other common causes include:Less common but very serious causes of black eyes include cellulitis (an infection around the eyes) and a skull fracture, which tends to result in two black eyes sometimes described as "raccoon eyes."Bleeding inside the eye, called hyphema, is another serious condition that can accompany a black eye. It happens between the back side of the cornea and the front of the iris.A hyphema is a medical emergency, since it can lead to serious issues such as increased eye pressure, glaucoma and even vision loss, if left untreated.For a serious black eye, see an eye doctor or physician as soon as possible.A bright red appearance to the white part of the eye (sclera) can also accompany a black eye.This is called a subconjunctival hemorrhage and, while it may look scary, it is not usually serious. It typically goes away on its own within a couple weeks.How to get rid of a black eyeThere's no magic cure to get rid of a black eye overnight, but a number of home remedies may help speed up the healing process.It's important to have an eye doctor or physician examine your black eye before you try to treat it on your own. Once you have the all-clear from your doctor, you can use the following at-home treatments:Start with a cold compress. Apply a bag of frozen peas, a chilled spoon or other cold object (but never raw meat) to lower the temperature of the area around the eye as soon as possible after the injury. Apply for 15 to 20 minutes. Repeat as often as once an hour for the first 24 hours after injury.Switch to a warm compress. After a day or two of applying cold packs, try gently applying warm (not hot) compresses to your black eye. This will increase blood flow to the area and facilitate healing.Gently massage the area surrounding the bruise (not the black eye itself) in the days following the injury. This can help activate the lymphatic system near the bruise and speed up healing.Snack on pineapple. The tropical fruit contains a mixture of enzymes that reduce inflammation and boost the healing process, which may help your bruised eye go away faster.Load up on vitamin C. Though vitamin C may do more to strengthen blood vessels and reduce how easily you bruise, it may also help speed the healing of your black eye.Try bilberry extract. Bilberry is a relative of the blueberry and cranberry. It contains potent antioxidants that may help reduce or eliminate bruising by increasing the effectiveness of vitamin C and strengthening your capillaries.Over-the-counter analgesics, such as Tylenol, may help with minor pain. But avoid aspirin, which is a blood thinner and could make your black eye look worse.SEE RELATED: More ways vitamin C can help your eyesHow long does a black eye last?In most cases, you will see noticeable improvement in the appearance of your black eye within a week. It will usually disappear completely within a couple weeks.During this healing period, it's important to protect your eye from further damage by avoiding any activities that could lead to additional injury.You'll probably notice the color of your black eye changing as it heals. Shades of purple, blue, and even green or yellow are not uncommon during the healing process.When to seek treatmentIn most cases, a black eye is like any other bruise and not much cause for concern. But they can also point to more serious conditions.Seek immediate medical attention if you notice any of the following symptoms:Blood inside the eyeBlood flow from the ears or noseDizziness, fainting or loss of consciousnessChanges in vision, including blurry vision, double vision, vision loss or the appearance of flashes or floatersVomitingInability to move the eyeBehavioral changes or lethargySevere painBruising around both eyesPersistent headacheSigns of infection, such as warmth, redness, pus or feverExcessive swelling or swelling that is not attributable to an injuryHow to prevent bruised eyesTo decrease your risk of getting a black eye, remember to wear safety glasses, sports eyewear or even protective headgear with a face shield when you're involved in potentially hazardous activities, including sports.Wearing a seat belt is also essential and significantly reduces the risk of bruised eyes from car accidents — even minor ones.There are steps you can take around the house too. For example, don't leave objects on the stairs, since this can easily result in a fall and eye injury. Area rugs also can be a trip hazard, so make sure they lie flat and are wrinkle-free.Adam Debrowski also contributed to this article. Page published in February 2019 Page updated in July 2021 Medically reviewed in May 2021 black cat with blue eyes. black fish with big eyes. black person with blue eyes. black cat with green eyes. black actor with blue eyes. black with blue eyes. black bird with red eyes. black actor with green eyes

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