

Case Report
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Mental Effects Aside, We Got to Handle Physical Dangers Too When it Comes to Digital Devices Like a Phone

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Received: August 14, 2025; **Accepted:** August 29, 2025; **Published:** September 01, 2025

Signification

In today's digital age, mobile phones have become an integral part of daily life, often used during rest or while lying in bed. However, what seems like a harmless habit can lead to significant injuries, especially involving the eyes. When a mobile device is held above the face in a reclining or supine position, the risk of accidental drops increases. During sleep or rest, muscle tone and grip strength naturally decrease, which can cause the phone to slip and fall. Such accidents, although seemingly minor, can result in ocular trauma, sometimes serious. This case underscores the real and growing risk of mobile phone-related eye injuries, calling attention to a widely overlooked issue in both public health and clinical practice.

Purpose

The purpose of this case report is to document an incident of periorbital hematoma caused by a mobile phone falling on the eye during use in a supine position. By presenting this case, we aim to raise awareness among clinicians and the general public regarding the potential dangers of mobile phone use in reclining or sleeping postures. This report emphasizes the importance of preventive behavior, prompt clinical assessment, and early management to avoid more severe ocular complications.

Case Report

A 43-year-old female IT professional presented with blunt trauma to the right periorbital region following the accidental fall of a mobile phone. The patient was watching videos on her phone while lying supine in bed when the device slipped from her hands and struck the area around her right eye. She experienced immediate pain, swelling, and bruising. On examination, her visual acuity was preserved in both eyes, with no signs of globe rupture, subconjunctival hemorrhage, or penetration injury. A large periorbital hematoma measuring approximately 3 cm was noted, along with tenderness on palpation. The eyeball was intact, and the impact site was only a few millimeters away



Figure 1

from the sclera, narrowly avoiding direct ocular damage. Ocular movements were full and unrestricted, and fundus evaluation was normal. The diagnosis was localized blunt trauma-induced periorbital hematoma secondary to the mobile phone impact. Treatment included cold compresses for the initial 48 hours, oral analgesics, and anti-inflammatory medications. The patient was advised to avoid pressure on the area and to return for follow-up assessments to monitor the resolution of the hematoma and detect any secondary complications. The injury was expected to resolve within 2 to 3 weeks with conservative management, and no long-term visual or structural damage was anticipated Figure.

Conclusion

This case illustrates the underestimated danger of using mobile phones in a lying or sleeping position. The natural decrease in muscle tone during rest or sleep increases the likelihood of accidental phone drops, which can result in periorbital or ocular trauma. Although the injury in this case did not cause permanent damage, the outcome could have been much worse. Public education is essential to prevent such incidents. Patients should be advised to avoid holding mobile phones above their faces while lying down, and clinicians should consider asking about such habits when evaluating minor eye injuries. This case serves as an important reminder that small lifestyle changes can significantly reduce the risk of preventable trauma [1].

References

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