

- Always have regular eye checks with your Optometrist.
- Always protect your eyes with goggles or glasses when carrying out DIY or using any power equipment.
- If you splash anything into your eye always rinse with plenty of tap water and seek medical advice.
- Never use anyone else's medication (this includes eye-drops).

Dry Eyes

The Eye Unit

Information and advice for patients
about Dry Eyes

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Review date: **November 2023** Ref: **049/21**

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What are dry eyes?

This is a condition where there is a reduced quantity or quality of tears, which can result in uncomfortable eyes for the sufferer.

What are the symptoms of Dry Eyes?

Every patient is different but the most usual symptoms are of burning, gritty, itchy and sore eyes.

Some patients with dry eyes may notice excessive watering. This is due to the poor quality of the tears, rather than the quantity. The eye tries to compensate by producing too many poor quality tears which do not 'oil' the eye, only water it.

How are Dry Eyes diagnosed?

The eyes are examined with a light to look at the amount of tears produced, the quality of tears and the length of time the tears stay on the surface of the eye.

A simple test such as using a temporary stain called fluorescein is put onto the eye surface which highlights the tear film layer. The specialist can see what quality and quantity your tears appear to be.

What is the treatment for dry eyes?

A variety of artificial tear drops are available. If the dryness causes mucus strands to build up on the eye other drops may be necessary. It is important to use the drops as frequently as necessary to control the symptoms. If the eyes are very dry this may be as often as every hour until they feel more comfortable.

Advice to Dry Eye sufferers

- 1 Do not rub your eyes
- 2 Wear goggles when working in a dusty atmosphere or swimming
- 3 Dry atmospheres can make dry eye symptoms worse so do not sit too near a fire
- 4 Extra care is needed if you are a contact lens wearer. Seek advice from your lens supplier
- 5 See your GP if your eyes become red or sticky. If you have any problems or questions about your condition or treatment, please do not hesitate to ask any member of the medical or nursing staff caring for you.
- 6 You must use your eye drops at least 4 times a day. This will prevent your eyes from becoming very dry and painful.

For further information and advice please contact:

Emergency Helpline: 0300 019 4181

Mon-Sat: 8am-6pm

Sunday: 8:30am-2pm

and bank holidays: 8:30am-6pm

Remember

- Always wash your hands before and after touching your eye/s.
- Always finish the course of treatment if you have been prescribed medication, even if your symptoms have improved.