



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

Dry eye

Ophthalmology Department



Additional Information:

http://www.rnib.org.uk/eye-health-eye-conditions-z-eye-conditions/dry-eye?gclid=CKK0g-P_iMECFdLKtAodeHMAVQ

<http://www.nhs.uk/conditions/dry-eye-syndrome/Pages/Introduction.aspx>

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Maggie Lewis

Department: Ophthalmology

Version: 2

Published: Sep 2018

Review: Sept 2021

Contact Details:

If you have any queries or concerns, please contact the Eye Unit helplines:

- Ashford Hospital – 01784 884402
- St Peter's Hospital – 01932 722686

Senior Nurses:

- Sister Georgina Gilson based at Ashford
- Deputy Sister Dorothy Adjorlolo based at Ashford
- Ophthalmology Nurse Practitioner (ONP) Jain Sidhu based at St Peter's

Dry eye

What is dry eye?

Our eyes are covered by a film of tears. This is to keep the surface of the eye wet, preventing damage to the eye or bacteria entering the eye. Dry eye is a condition in which the eye has an insufficient tear film or poor quality tear film .

What causes dry eye?

There are many causes including:

- Age related changes
- Dry, dusty working conditions
- Hot, windy climates
- Central heating
- Inflammatory conditions such as arthritis and Sjogrens syndrome
- Structural problems with the eyelids such as ectropion (lid turning out)
- Other conditions such as hypothyroidism (under active thyroid)
- Blepharitis
- Contact lens wear
- Side effect of some medications

What are the signs and symptoms?

- **Gritty, scratchy, or foreign body sensation**
- **Itchy feeling**
- **Burning sensation**
- **Discomfort**
- **Pain**
- **Watering**
- **Light sensitivity**
- **Red eyes**
- **Stringy discharge or foamy tears**

How can I have dry eyes when my eyes are always watering?

Sometimes dry eye is due to poor quality tears. This means the eyes try to make more tears to keep the eyes wet. This results in the watering that you experience.

How is dry eye treated?

The doctor may suggest you use some artificial tear drops. The doctor will tell you how often to use them. This may be quite frequently to start with, but eventually you will be able to judge how often you need to use them. Sometimes the doctor will also advise you to use an ointment in the eye at night in addition to the drops during the daytime.

Furthermore, the doctor may suggest blocking the tear duct with a special 'plug' to stop the tears draining out of the eye.

In some circumstances, the doctor may discuss surgical procedures with you which may help to alleviate the problem.

Dry eye is often associated with blepharitis, which requires a lid hygiene regime to be carried out. If you have been told you have this please see our Blepharitis leaflet.

Is there a cure for dry eyes?

There is no cure for dry eyes and the eye drops are something you will probably always need. However, the drops you are using should relieve the symptoms and keep the eyes comfortable.

Be aware when you are using computers or reading that you may blink less whilst concentrating, so try to correct this by blinking more, or using your artificial tear drops, if your eyes feel dry.