



Manchester Royal Eye Hospital

Dry Eye/s

Information For Patients



INVESTOR IN PEOPLE



POSITIVE ABOUT
DISABLED PEOPLE

What is dry eye?

You have been diagnosed as having dry eye/s. This means that your eyes may not be making enough tears or that the tears which you are making are of a poor quality.

The normal function of tears is to keep the surface of the eye wet and lubricated so any shortage of tears or reduction in their quality can make your eyes feel sore, gritty, or as if they are burning.

Dry eye/s can be associated with ageing and once the ability to produce quality tears is lost it rarely returns.

Occasionally it can also be associated with other conditions such as arthritis.

What is the treatment?

Dry eye/s is treated with artificial tears and sometimes lubricating ointment. Artificial tear drops can moisten your eyes and relieve discomfort. The doctor or nurse practitioner will advise you on how frequently you will need to use your drops. Initially this may be every hour or more frequently.

If your eyes dry out during the night, you may find it difficult to open them in the morning and your eyelids may stick together. Using a lubricating ointment on your eyes before you go to bed may help; the doctor or nurse practitioner will advise you.

Your treatment must be used regularly. If you stop using it, your symptoms will come back. Try to avoid dry or smoky places as these make dry eyes worse, using room humidifiers may help.

Occasionally the dryness is very severe and treatment with drops and ointment does not work.

There are other treatments available. You should ask the doctor or nurse treating you or ask your GP to refer you to a consultant ophthalmologist.

Take your eye drops with you if you are going away from home. Always keep a spare bottle so that you do not run out.

It is important that you use a new bottle of eye drops or ointment every 4 weeks, even if the bottle or tube is not empty. This helps to prevent contamination and possible infection. Please remember to wash your hands before and after using your treatment.

If you require further advice or do not understand anything contained in this leaflet please contact the Emergency Eye Centre on **0161 276 5597** everyday between 8.00 am – 9.00 pm.

If your problem is urgent and the department above is closed or you are unable to get an answer, please contact Ward 55 on **0161 276 5512** – 24 hours everyday.

Larger print

Please ask a member of the department staff if you require this information in large print or Braille.

No Smoking Policy

The NHS has a responsibility for the nation's health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on Tel: (0161) 205 5998
(www.stopsmokingmanchester.co.uk).

Translation and Interpretation Service

Do you have difficulty speaking or understanding English?

আপনি কি ইংরেজীতে বুঝতে কিংবা বুঝাতে পেরেছেন ? (BENGALI)

क्या आपको अंग्रेजी बोलने या समझने में कठिनाई है ? (HINDI)

તમે ભાષા કારણે વાતચીત કરવામાં મુશ્કેલી આવે છે ? (GUJARATI)

ਕਿ ਤੁਹਾਨੂੰ ਅੰਗ੍ਰੇਜ਼ੀ ਬੋਲਣ ਜਾਂ ਸਮਝਣ ਵਿਚ ਦਿੱਕਤ ਹੈ ? (PUNJABI)

Miyey ku adagtahay inaad ku hadasho Ingriisida aad sahamto (SOMALI)

هل لديك مشاكل في فهم اوالتكلم باللغة الانجليزية ؟ (ARABIC)

你有困難講英語或明白英語嗎？ (CANTONESE)

کیا آپکو انگریزی سمجھنے اور سمجھانے میں دقت پیش آتی ہے؟ (URDU)

☎ 0161 276 6202/6342

www.cmft.nhs.uk

© Copyright to Central Manchester University Hospitals NHS Foundation Trust