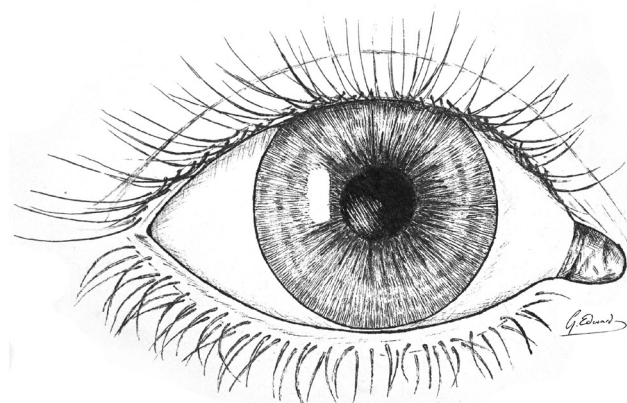


# Dry Eye

Ophthalmology



This leaflet is for patients who have been diagnosed with dry eye to enable them to manage the symptoms.

## What is dry eye?

Dry eye syndrome is a common condition that occurs when the quality and quantity of your tears are insufficient to keep the surface of your cornea (front of your eye) moist.

## What is the cause of dry eye?

Every time you blink the eye lids spread the tears across the surface of your eye. If tear production is reduced in quantity or quality then your eye could become dry and cause painful irritation.

Women are most likely to be affected by the condition during menopause. Other causes for dry eye include arthritis, diabetes, contact lens wearers, side effects to medicines, illness and damage to your eye lids caused by injury.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## What are the common symptoms of dry eyes?

- Blurred vision
- Gritty eyes
- Foreign body sensation
- Burning sensation
- Itching
- Red or tired eyes

In some cases the eyes become difficult to keep open.

## What is the treatment for dry eye?

This usually consists of the use of specific eye drops. You will be advised by your Optician, GP, Ophthalmology department which ones are suitable for you.

As well as treating the condition with eye drops, a change in life style can minimise the symptoms, this includes:

- Eating a diet rich in Omega-3 fatty acid
- Avoiding air conditioned atmospheres where the air is artificially dry
- Using drops more frequently when working on a computer, reading or watching television
- Reducing the amount of eye makeup and cosmetics around the eye

## What should I do if I need advice or information?

Staff in Ophthalmology are here to help and are can be contacted as follows:

### **Eye Referral Unit**

01902 695805

Monday to Friday 08:00 until 17:00

Weekends 08:00 until 17:00

### **Mary Jones Ward**

01902 695801

Monday to Friday 7:00 until 19:30

### **Outpatients Department**

01902 695831

Monday to Friday 08:30 until 17:00

**Outside of these hours, please attend the main Emergency Department or call NHS Direct on telephone number 111.**

## References

**The eye care trust**

<http://www.eyecaretrust.org.uk>

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。