

Dry Eyes

An information guide



Dry Eyes

You have been diagnosed as having Dry Eyes.

Dry Eyes simply means that your eyes may not be making enough tears, or the tears which are being produced are of 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 produce a gritty, burning sensation of the eyes.

Dry eyes can be linked with several conditions: Advancing age; other medical conditions and also an unknown cause.

Artificial tears may be used to keep your eyes moist and healthy and alleviate the gritty, burning sensation you are experiencing.

The more you understand about your condition the easier life will be.

If you have any further questions just ask your eye specialist.

Remember:

- Use your drops regularly.
- Do not stop using your drops. Once you have dry eyes, you will always have dry eyes.

How to treat dry eyes

Artificial tears can be prescribed. These come in drop or gel form. You will need to find which is best for you. The doctor/nurse will inform you of how often to use the drops, but if your symptoms worsen, you may want to contact the hospital for advice.

How often should I use my artificial tears?

- You may need to use your drops about every 2 hours for the first few days. After this, use your drops less frequently, but always use them enough to stop the 'dry' feeling from coming back. New viscous (thicker) gel artificial teardrops can last much longer up to 6 hours.
- It is important to use your artificial teardrops regularly as instructed by your doctor.
- Always carry a spare bottle of artificial tears with you if you are going away from home. Always keep a spare pack in a cool place, so that you have a constant supply and cannot run out.
- Throw away each eye pack of eye drops after 4 weeks – even if the drops haven't all been used up.

Will my eyesight be affected?

If your eyes are kept moist with regular use of artificial teardrops, there should not be any harm to your eyesight.

Contact Numbers

The Royal Oldham Hospital, Oldham :

A&E Department - 0161 627 8933

Friday 5pm until Monday 9am

Oldham Integrated Care Centre Eye Clinic -0161 621 3721

Monday – Friday 9am - 4.30pm

Rochdale Infirmary, Rochdale :

Eye Clinic - 01706 901757

Monday - Friday 9am until 5pm.

Eye Ward - 01706 901765

Monday - Friday 8am until 8pm (answer machine after 8pm)

Urgent Care Centre - 01706 517005

Monday - Friday after 8pm. Friday 8pm until Monday 9am

Fairfield General, Bury :

A&E Department - 0161 778 2600

Monday - Friday after 8pm. Friday 8pm until Monday 8am

Eye Ward and Clinic - same contact details as Rochdale Infirmary

Tameside Hospital Foundation Trust :

A&E Department - 0161 922 6000

Available 24 hours

Eye secretary - 0161 331 6388

Notes:

Notes:

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897


For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

 www.facebook.com/NorthernCareAllianceNHSGroup

 www.linkedin.com/company/northern-care-alliance-nhs-group

 Northern Care Alliance NHS Group (NCA) @NCAlliance_NHS

Date of publication: January 2005

Date of review: December 2020

Date of next review: December 2022

Ref: PI(SU)113

© The Northern Care Alliance NHS Group

www.pat.nhs.uk

www.northerncarealliance.nhs.uk

