



## Self-care Information

# Dry eyes

Tips on how you can self manage dry eyes

“Supporting you to look after you”

### Key advice:

- **Clean your eyelids with cooled, previously boiled water.**
- **Avoid things that may make the eyes more dry, such as smoky or air conditioned rooms.**
- **If you wear contact lenses, try to wear your glasses for a while instead.**
- **Take breaks from using a computer screen.**
- **Ask your pharmacist or optician for advice on things you can buy to help with the symptoms.**

## What causes dry eyes?

Dry eyes is a common condition that can affect people of any age.

It occurs when the eyes don't make enough tears, or the tears evaporate too quickly. It can happen for many different reasons, which can include:

- Being in a hot or windy climate.
- Wearing contact lenses.
- Some underlying medical conditions.
- Side effects of certain medications.
- Hormonal changes in women.

Symptoms can include the eyes being itchy, sore, red, blurry, gritty, more watery than normal, or sensitive to light.

Your local pharmacy may be able to offer advice on ways to help, such as:

- Cleaning and protecting your eyes.
- Things you can buy to help, such as lubricant eye drops or allergy medicines.
- If you need to see an optician or GP.



**Let your pharmacist know if you take any other medicines, or if you are pregnant or breastfeeding, as this may affect which treatments you can use safely.**

## How can I treat dry eyes?

### You could try

- ✓ Cleaning your eye lids every day, with cooled, previously boiled water.
- ✓ Taking breaks when using a computer screen to allow your eyes to rest.
- ✓ Having your computer screen just below eye level.
- ✓ Avoiding dry air by using a humidifier.
- ✓ Taking a break from your contact lenses if you wear them. Wear your glasses so the eyes can rest.
- ✓ Using a warm (not hot) compress on the eye, and gently massaging the eye to help the flow of the natural oils.
- ✓ Speaking to your pharmacist or optician about suitable lubricant eye drops.



### Try not to

- ✗ Smoke or drink too much alcohol.
- ✗ Spend too long in rooms that are heated or air conditioned.
- ✗ Spend too long in places that are smoky, dusty or dry.
- ✗ Stop taking any of your regular medicines without getting advice from your GP or pharmacist, even if you think it may be causing your symptoms.



### See an optician or GP if:

- Your eyes are still dry after trying home treatments for a while.
- There is any change in the shape of your eyelids
- There is any change in your vision.

### See your GP or call 111 if:

- Your eye is painful and red.
- You have a red eye and wear contact lenses—it may be a sign of an eye infection.

### Here are some useful links to further information

NHS Website	<a href="https://www.nhs.uk/conditions/dry-eyes/">https://www.nhs.uk/conditions/dry-eyes/</a>
Patient Websites	<a href="https://patient.info/eye-care/eye-problems/dry-eyes">https://patient.info/eye-care/eye-problems/dry-eyes</a>
<b>Or visit your local pharmacy for advice</b>	

