

Dry Eye

Patient Information Leaflet

**North Yorkshire Local
Optometric Committee
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What is dry eye?

Our tears are made up of three layers secreted by glands in the eyelids. Dry eye is an insufficiency in any of these layers.

What causes it?

There are many causes including age related changes, arthritis, central heating or dry, dusty working conditions.

What does it look like?

Often the eye is normal to look at, but symptoms include:
A gritty, scratchy sensation in the eyes.
Itching.
Burning.

How can I make it better?

Artificial tear drops can be used during the day, and ointment can be used last thing at night. Different types of artificial tear drops can be bought over the counter at a chemist without a prescription at less than the prescription charge.

You should use the drops often at first, and you can gradually decrease the drops to just a few times a day to keep your eyes comfortable. You will be able to judge for yourself how often you need to use them.

What happens next?

The drops will relieve your symptoms, but will not cure your condition. You will probably need to continue to use the artificial tear drops.