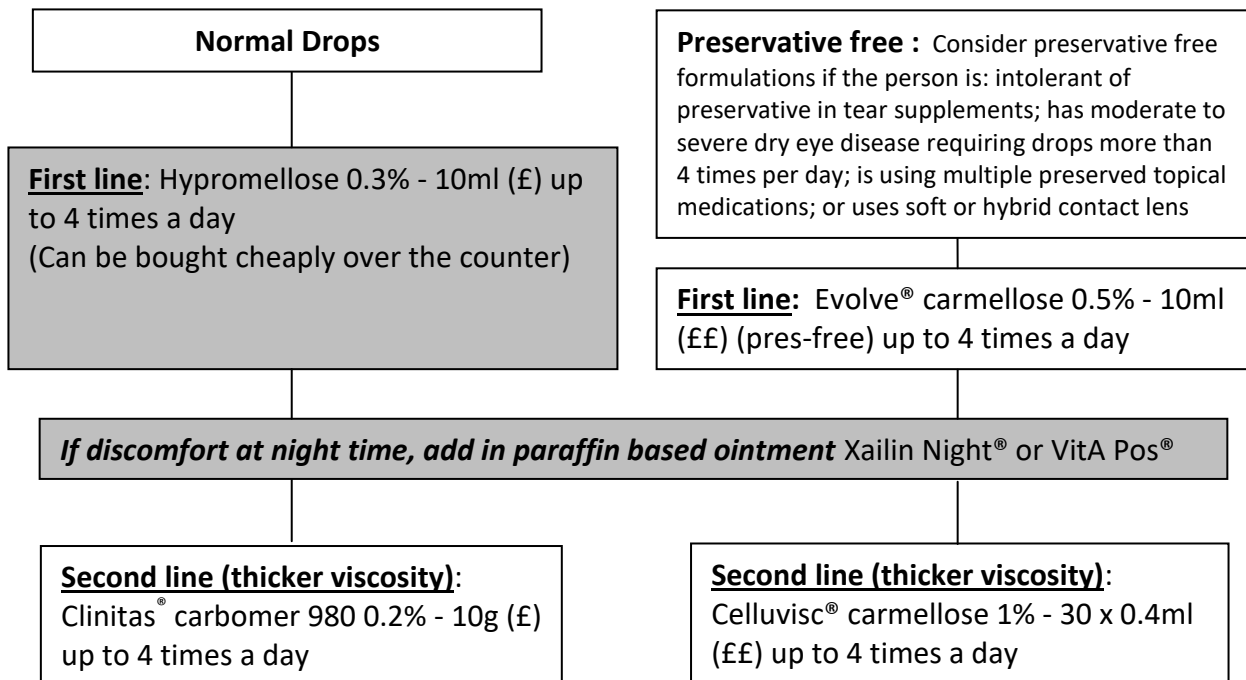


Guidelines for Management of Dry Eyes

Typical symptoms: Feelings of dryness, grittiness, or soreness in both eyes, which worsen through the day. May get 'tired eyes' when reading or watching TV

Stage 1 (mild dry eyes) – Management in Primary Care



Refer or obtain specialist advice if concerned/unsure of diagnosis or

- Symptoms persist despite a 4 week trial of treatment above
- There is a constant reduction of vision
- There is red eye
- There are other atypical features (e.g. young patient, corneal opacity, exclusively unilateral symptoms, previous ophthalmic surgery etc.)

Stage 2 (moderate to severe dry eyes) – Management in Secondary Care

<p>First line: Evolve HA® sodium hyaluronate 0.2% - 10ml (pres-free) (££) up to 4 times a day</p> <p>Second line: VisuXL® 10ml (£££) (patients with compliance problems as BD dosing – specialist initiation)</p> <p>Specialist initiation Acetylcysteine 5% with hypromellose (Ilube®) – 10ml (£££)</p> <p>Ciclosporin eye drops 1mg/ml (Ikervis®) – 30x0.3ml (£££)</p>	<p>If lid disease present: Treat lid disease (blepharitis)</p> <p>Anterior:</p> <ul style="list-style-type: none"> • Lid cleaning • Fusidic acid 1% eye drops bd for 2 weeks for flare up of symptoms <p>Posterior:</p> <ul style="list-style-type: none"> • Hot compresses and massage • Recalcitrant cases should be referred. <p>£ Low cost ££ Medium cost £££ More expensive option</p>
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