

Rationale

- Dry sore/tired eyes are minor conditions that can be treated without the need for a GP consultation or prescription in the first instance. They can easily be treated with simple over the counter preparations such as eye drops, gels or ointments.

Recommendations for clinicians

- Provide the patient with a 'non-prescription' sheet or a patient information leaflet to promote education about self-limiting conditions suitable for self-care when appropriate. See: <https://www.nhs.uk/conditions/dry-eyes/>
- Advise patients of safe and effective self-care measures:
 - Protect eyes from environmental factors such as wind, hot air, smoke and dust by wearing wrap around glasses
 - Adjust computer to avoid eye strain
 - Keep eyes clean – wipes, warm compresses and eyelid massages
 - Use over the counter eye drops, gels or ointments to lubricate the eyes
- Patients should seek attention from an optometrist or medical attention if:
 - There is conjunctivitis that is not clearing away or inflammation of the cornea
 - Extreme sensitivity to light (photophobia)
 - Very painful or red eyes
 - A deterioration in vision

<p>Example of products available to buy over the counter*</p>	<p>Eye Drops</p>	<p>Dry eye/ Irritated eyes drops: Hypromellose 0.1%/0.3% (~£3.50 for 10ml) Carmellose 0.5% eye drops (£3.00-£5.00 for 30 single dose units) Sodium hyaluronate 0.1%/0.2% eye drops (£3.50-£15.00 for 10ml) Check if drops suitable for contact lens use – usually on packaging. Most eye drops are to be discarded 28 days after opening</p>
	<p>Gels/ointment</p>	<p>Carbomer 0.2% ophthalmic gel (£5.50-£11.00 for 10-30g), Lacri- Lube eye ointment (~£4.00 for 5g), VitA-POS eye ointment (~£2.75 for 5g) Check if drops suitable for contact lens use. Most eye ointments can be kept for up to 4 weeks once opened.</p>

For further information see Self-care forum <http://www.selfcareforum.org/>, NHS UK <https://www.nhs.uk/conditions/>, Patient UK <https://patient.info/>

*Prices correct at time of writing and are subject to change

