

## Contact Details

If you have any questions please telephone the RUH Emergency Department on

**01225 824000 (day)**  
**01225 825015 (night)**

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Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net)  
or telephone 01225 825656.

Date of publication: April 2017  
Ref: RUH EMD/019 v2  
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## Dry Eyes



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### What is Dry Eyes?

In order to stay healthy and comfortable, your eyes need to be covered by a thin film of tears. The tears are produced by tear glands and are spread over the surface of the eye when you blink. In some people these tears are produced in very small amounts, or are of poor quality. The result is that small patches of the front of the eye dry out, causing irritation, redness and excessive blinking (an even, paradoxically, watering in some people).

### Why do I have Dry Eyes?

This is a very common condition and usually no cause can be found. Occasionally it is associated with other conditions which may need to be excluded.

### Is it serious?

Although it can be uncomfortable, the condition is not serious.

### What can I do about it?

Your doctor will suggest that you use some form of artificial tears, such as Hypromellose drops. These can usually be bought in any chemist without a prescription whenever your eyes become uncomfortable. You may have to use the drops very frequently (even hourly) and often a lubricating ointment at night. If your house or office is centrally heated, ensure the atmosphere does not get too dry. House plants, humidifiers or saucers of water on radiators may help.

