

Remember to treat Dry Eye

What causes dry eye?

Dry eye can be caused by ageing, dry environments, some medications or by certain activities e.g. reading or computers.

The eyes are red, itchy and sore, making them more prone to infection



Courtesy of www.gogieyeclinic.com/dry_eye.html

Blepharitis is when the ends of the eye lids become itchy and inflamed. The eyelashes become crusty and the patient may complain of gritty, burning eyes



Courtesy of www.northshoreeye.com.au/blepharitis/



Courtesy of www.nhs.uk/conditions/blepharitis/

Bell's palsy (or facial palsy) can make it hard to close the eyelid, causing the tear film to dry out, and can take several weeks to recover.



Courtesy of www.jems.com/articles/print/volume-39/issue-5/features/differentiating-facial-weakness-caused-b.html

Treatment for dry eye

- Lubricating eye drops as needed throughout the day
- Lubricating ointment can be used at night
- Contact wearers should avoid wearing lenses until symptoms resolve
- For **Bell's palsy** the eyelid may need to be taped shut
- Cleaning the eyes daily with a warm compress and even baby shampoo to remove excess oils and bacteria
- In severe cases, antibiotic eye drops may be needed where infection has occurred

For further information, please contact your local eye department