

Guideline for treatment of dry eyes For Rotherham GP practices

**The prescribing of ocular lubricants for uncomplicated dry eyes is not supported:
Patients are advised to purchase as part of self-care**

Initial key question: Are the eyes dry due to aqueous deficiency or excessive evaporation?

Features of aqueous deficiency:

- Unable to produce tears when crying
- Sore eyes on waking without a history of recent eye injury
- Pain

Stability after opening:

Default 28 days unless otherwise stated
3M = 3 Months
6M = 6 Months
Both eyes can be treated with one bottle

Features of evaporative deficiency:

- Excessive watering on windy day
- Blepharitis or ocular rosacea

Aqueous deficiency

PF = Preservative Free

Evaporative deficiency

Mild (<4 drops a day) Consider self-care

- Aaculose or Aapromel Hypromellose 0.3% eye drops 10 mL
- Sno Tears Polyvinyl alcohol 1.4% eye drops 10 mL
- Lumecare Carbomer 0.2% eye gel (or Evolve carbomer PF)

Moderate (4-6 drops a day)

- Xailin Hydrate or Tear-Lac Hypromellose 0.3% eye drops, PF 10 mL (3M)
- Evolve HA Sodium hyaluronate 0.2% eye drops PF 10 mL (3M)

Severe (>6 drops a day)

- Cellusan Carmellose 1% eye drops, PF 10 mL (3M)
- Evolve Revive eye drops PF 10ml (3M)
- Thealoz Duo Sodium hyaluronate 0.15% & trehalose 0.3% PF 10 mL (3M)

- Systane Balance Propylene glycol 0.6% eye drops 10 mL (6M)
- Systane Propylene glycol 0.6% eye drops PF 0.8 mL dose units
- Cationorm eye drops PF 10ml (3M)
- Advice on lid hygiene

Other options may be recommended in secondary care (VisuXL, Ikervis)

Finding an effective treatment can vary between patients. Try at least two products prior to stepping up to next level of treatment

At night in both aqueous and evaporative deficiency:

- Lumecare Carbomer eye gel
- Evolve carbomer PF (3M)
- Xailin Night PF
- Hydrated Night ointment PF (3M)
- Hylo-Night ointment PF (6M)

} Paraffin based

Note. Preservative free preparations should be used in the following situations:

- patients with ocular surface eye disease
- patients with contact dermatitis to preservatives in eye products
- soft contact lens wearers
- patients with evidence of punctate epithelial erosion from use of preservatives
- Administration frequency > 6 times daily or using multiple preserved preparations

References: BNF, Drug Tariff, Mims