**Guideline for treatment of dry eyes**

**The prescribing of ocular lubricants for uncomplicated dry eyes is not supported:**

**Patients are advised to purchase as part of self-care**

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

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| 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 |

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|  | **Aqueous deficiency** |  | | **Evaporative deficiency** |
| **Mild (<4 drops a day)**  **Consider self-care** | **Moderate (4-6 drops a day)** | | **Severe ( >6 drops a day)** | * Systane Balance Propylene glycol 0.6%   eye drops 10 mL (6M)   * Systane Propylene glycol 0.6% eye drops preservative free 0.8 mL dose units * Advice on lid hygiene |
| * Hypromellose 0.3%   eye drops 10 mL   * Sno Tears Polyvinyl alcohol 1.4% eye drops 10 mL * Lumecare Carbomer 0.2% eye gel | * Evolve Hypromellose 0.3% eye drops, preservative free 10 mL (3M) * Evolve HA Sodium hyaluronate 0.2% eye drops preservative free   10 mL (3M) | | * Cellusan Carmellose 0.5% eye drops, preservative free 10 mL (3M) * Thealoz Duo Sodium hyaluronate 0.15% & trehalose 0.3% preservative free 10 mL (3M) |
| Other options may be recommended in secondary care (VisuXL, Ikervis) |

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

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| **At night in both aqueous and evaporative deficiency:**   * Xailin Night paraffin eye ointment preservative free * Lumecare Carbomer 0.2% eye gel * Hylo-Night ointment preservative free (6M) *prev. Vita-POS* | **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 punctuate epithelial erosion from use of preservatives * frequency more than 6 times daily or using multiple preserved preparations |

References: BNF, Drug Tariff, Mims, September 2019