**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 stated3M = 3 Months6M = 6 MonthsBoth 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
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| * 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)
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| 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
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References: BNF, Drug Tariff, Mims, September 2019