

## Eye Clinic contact details

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**Telephone:** 01483 464080  
Monday–Friday, 9am–5pm

## PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** rsc-tr.pals@nhs.net

**Opening hours:** 9.00am–3.00pm  
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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**Royal Surrey  
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## Dry eyes

### Eye Department



### Patient information leaflet

## What are Dry Eyes?

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In order to stay healthy and comfortable, your eyes need to be covered in a thin film of tears.

The tears are produced by tear glands and are spread over the surface of the eye when you blink. Some people produce poor quality tears in very small amounts. This results in small patches of the front of the eye drying out causing irritation, redness and excessive blinking (and even watering, in some people).

## Why do I have dry eyes?

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

## Is it serious?

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Although it can be very uncomfortable, this condition is not serious.

## What can be done about it?

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Your doctor will suggest that you use some form of artificial tears.

These can be bought from any chemist without a prescription. You may have to use the drops very frequently (even hourly).

- Avoid dry, smoky atmospheres
- If you have central heating, ensure that the atmosphere does not get too dry.
- Humidifiers or saucers of water on the radiators may help.

## Further advice and instructions

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## Reference source

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[www.nhs.uk/conditions/dryeyesynndrome](http://www.nhs.uk/conditions/dryeyesynndrome)

If you are worried or concerned about your symptoms please telephone the Eye Clinic on **01483 464080** Monday–Friday, 9am–5pm.