

Initial management and advice may include non-pharmacological methods such as good lid hygiene, avoiding makeup and environmental factors such as air conditioning and smoking. It is important to give advice about management of blepharitis.

Wales General Ophthalmic Service (WGOS)

- The WGOS offers free examinations for patients with acute eye problems - [WGOS information](#)
- Patients experiencing eye problems who need **urgent** attention or who would benefit from examination by an optometrist should visit their local optician first.



Common Ailments Service (CAS)

- Community pharmacies participating in the CAS can provide ocular lubricants but **only** on an acute, short-term basis.
- Patients presenting at a pharmacy with any of the following may be referred for a GP appointment:
 - Visual disturbance, ➢ Systemic involvement
 - pain or flashing lights e.g. weight loss/fever
 - Headache ➢ Age under 18 years
 - Vomiting
- Patients with dry eye who are contact lens wearers or who have copious eye discharge should be referred to their optometrist or WGOS.

Considerations **before** prescribing

- Mild simple dry eye i.e. uncomplicated by a pre-existing condition, can be managed without medical intervention. Patients may be directed to self-care or the Common Ailments Service.
- Advise on self-care with lifestyle modifications (including warm compresses and lid hygiene) and purchased OTC ocular lubricants, if needed.
- Could systemic medication be contributing to dry eye symptoms?

Does the patient have sensitivity to preservatives; cicatrising conjunctival disease; corneal pathology or contact lenses?

OR

Does the patient use multiple topical treatments or treatment that is necessary >4 times a day?

NO →

YES →

FIRST LINE

Offer drops 1st-line (cost-effective vs gel)

AacuLose Hypromellose 0.3%	£0.64
AaproMel Hypromellose 0.3%	£0.69
TeardeW 0.3%	£0.99

If the patient prefers a gel:

AaCarb Carbomer 0.2% 10g	£1.29
Aacomer 0.2% (carbomer)	£1.34
Clinitas Carbomer 0.2% 10g	£1.58
Viscotears 10g (carbomer)	£1.59

Apply 3 to 4 times a day for 8 weeks. Emphasise compliance. If course fails, try alternative for 8 weeks.

Offer drops 1st-line (cost-effective vs gel)

PF AddTear Hypromellose 0.3%	£2.99
PF OcuFresh Hypromellose 0.3% preservative free	£2.99

If the patient prefers a gel:

PF Evolve Carbomer 980	£2.87
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Apply 4 to 6 times a day for 8 weeks. Emphasise compliance. If course fails, try alternative for 8 weeks.

If out of stock, use carmellose options first-line.

SECOND LINE

CARMELLOSE

PF EyeAze Carmellose 1%	£1.81
PF VIZcellose 1%	£1.82
PF VIZcellose 0.5%	£2.88

OR

SODIUM HYALURONATE

PF Kent Sodium Hyaluronate 0.2%	£3.40
PF Aactive HA 0.2%	£3.79
PF EyeAze 0.2%	£4.15
PF Xailin Plus 0.2% HA	£4.15*

Apply 4 to 6 times a day for 8 weeks. Emphasise compliance. If course fails, try another drop for 8 weeks.

*does not include current All Wales rebate.

THIRD LINE

Refer to Ophthalmology if failure to respond to second line treatment.

Does the patient have symptoms that are worse in the morning? Do they have a diagnosis of Bell's Palsy or difficulty closing their eyelids?

CONSIDER ADDING: Paraffin-based eye ointment applied at night.

PF Lacrilube 3.5g	£2.05
PF Xailin Night 5g	£2.70

**** Preservatives ****

A short-term initial burning sensation could indicate very dry eyes, rather than an allergy to the preservatives, and so may not necessarily require preservative-free preparations.

Common symptoms of preservative allergy: weeping; redness; swollen lids.

PF = preservative free

**** Useful information ****

10ml bottle contains approximately 200 drops.