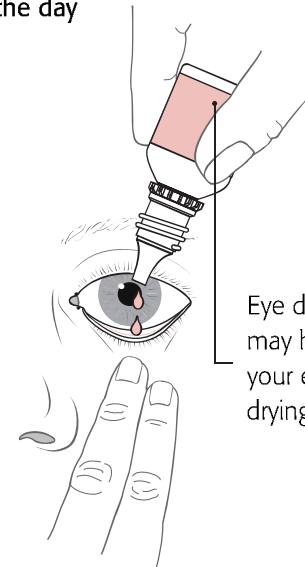


## Dry eyes

- If your eyes are dry, they will feel sore, gritty or as if they are burning. Artificial tear drops can moisten your eyes and relieve discomfort, and can be used as many times as needed during the day.
- If your eyes dry out during the night, you may find it difficult to open them in the morning and your eyelids may stick together. Using a lubricating ointment on your eyes before you go to sleep may help.
- Drops and ointment must be used regularly. If you stop using them, your symptoms will come back. Try to avoid dry or smoky places as these make dry eyes worse. Using room humidifiers or placing a dish of water by a heater may help. Wrap-around glasses can also help patients with severe dry eyes.
- You can buy artificial tears and eye ointment from your local pharmacy without a prescription. There are many types – try different ones until you find one that suits you best.
- If drops and ointments do not work, you may need to have the opening of the tear duct, the channel that drains tears from the eye, blocked. In the out-patient department, a ‘plug’ is inserted to block the duct opening and store up tears.

During the day



Eye drops may help stop your eyes drying out

At night

Ointment may stop your eyelids sticking together in the morning

