

Treatment for Dry Eyes – Information for Patients

Usual treatment for Dry Eyes starts with Hypromellose Eyedrops (Artelac SDU). If these are not adequate, then Carbomer Eyedrops (Viscotears) are often used next. Other preparations can be tried such as, Hydroxyethylcellulose Eyedrops (Minims Artificial Tears); Polyvinyl Eyedrops (Liquifilm Tears); Povidone Eyedrops (Oculotect) or Carmellose Eyedrops (Celluvisc).

All of these artificial eyedrops can be used as often as necessary. If you are using the eye drops more than 6 times a day, then it is suggested that a preservative-free preparation is used (all of the above eye drops come in a preservative free formulation). This is because the preservative that is found in some eye drops can occasionally irritate the eye itself if used frequently. If you are managing fine without preservative free drops then there is no need to change.

Vismed is another gel-type preparation which can be effective and tried if needed.

If you have particular problems with dry, sticky eyes first thing in the morning then it is suggested that you try Lacri-Lube Eye Ointment last thing at night as well as your usual drops during the day.

All of the above treatments can be combined if needed and it is often a matter of trial and error to find the correct combination and preparations which alleviate the symptoms best.

There are surgical treatments such as blocking the lacrimal duct which drains the eyes (punctal plugs) which can offer some help and this is a procedure usually carried out by the Ophthalmologist.

The above treatments can be discussed with your Pharmacist or your GP.