

If you suffer from dry eyes/sore tired eyes, speak to your pharmacist about how they can support you manage the condition, in line with new NHS England guidance.

## What can you do to help?

Follow the self-care measures below:

- Protect your eyes from environmental factors (e.g. wind, hot air, smoke and dust) by wearing wrap around glasses.
- If you wear contact lenses, take them out and wear glasses to rest your eyes.
- Take breaks when using a computer and adjust screen to prevent strain.
- Keep your eyes clean using the following methods:
  - Soak a flannel in warm water & gently press it on the area around your eyes - this makes the oil produced by the glands around your eyes more runny.
  - Gently massage your eyelids with your finger - this pushes the oils out of the glands.
  - Clean your eyelids by soaking cotton wool in freshly boiled and cooled water & gently wipe away any excess oil, crusts, bacteria, dust or grime that might have built up.
- Use over the counter eye drops, gels or ointments to lubricate the eyes.



## When should you see an optician?

- If your dry/sore eye condition is not getting better after a few weeks of self care
- Extreme sensitivity to light (photophobia)
- Very painful or red eyes
- Changes in vision or the shape of your eyelid

