

**If you scored more than 6 on the dry eye questionnaire you should probably be doing something about your condition.**

There are some simple things you can do to improve your tear film including taking regular breaks while reading or working at a computer, drink plenty of water and use artificial tears.

Dry eye drops often contain preservatives and when used regularly (more than once a day) these could actually make some aspects of dry eye worse. If you find this happens to you, it is advised that you look for preservative free drops or use a spray such as the Eye Logic spray.

However if you have tried some of these already and your symptoms have not improved, a full specialist dry eye examination is recommended. Dry eye is most commonly due to lid margin disease which is an inflammatory process and within reason if left untreated some of the effects will be irreversible.

[More information on dry eye is available at www.nhs.uk](http://www.nhs.uk)

## **SYMPTOMS**

GRITTY, SANDY SENSATIONS,  
IRRITATED, RED EYES, BURNING,  
STINGING, TENDER EYELIDS,  
WATERY EYES.

## **SOLUTION**

# **DRY EYE CLINIC**

**HASSOCKS**  
EYECARE

# WE CAN HELP

You could possibly have a common tear problem which is known as dry eye but the good news is, once it has been properly investigated most people find that it is relatively easy to treat.

It occurs when tear flow reduces or evaporates too quickly, causing the very sensitive front surface of your eye to dry out.

However there are many causes of dry eye and at the dry eye clinic, we will carefully consider your own symptoms. We will undertake a specialist examination of your tears, recommend the latest treatments to alleviate those symptoms and ensure that you leave knowing exactly how to treat your particular condition with a bespoke care plan.

We will then invite you to return for follow up appointments to fine tune your treatment over a period of up to 3 months. The Clinic also offers management of common eyelid problems like Blepharitis and Eyelid Cysts (Chalazion or Meibomian Cysts).

This is a private fee service and is not covered by the NHS.

**Ask for a Dry Eye Clinic appointment at Reception**

## DRY EYE QUESTIONNAIRE

Please circle your answers on the scale of 0 - 4.

### Questions about Eye Discomfort:

1. During a typical day in the past MONTH, how often did your eyes feel uncomfortable?

0 Never      1 Rarely      2 Sometimes      3 Frequently      4 Constantly

2. When your eyes feel uncomfortable, how intense is this feeling at the end of the day (within two hours of going to bed)?

0 Never      1 Rarely      2 Sometimes      3 Frequently      4 Constantly

### Questions about Eye Dryness:

3. During a typical day in the past MONTH, how often did your eyes feel dry?

0 Never      1 Rarely      2 Sometimes      3 Frequently      4 Constantly

4. When your eyes felt dry, how intense was this feeling of dryness at the end of the day (within two hours of going to bed)?

0 Never      1 Rarely      2 Sometimes      3 Frequently      4 Constantly

### Questions about Watery Eyes:

5. During a typical day in the past MONTH how often did your eyes look or feel excessively watery?

0 Never      1 Rarely      2 Sometimes      3 Frequently      4 Constantly

## YOUR SCORE

Add up the numbers you chose from questions 1 - 5.

**Your score = .....**

A score of more than 6 indicates a dry eye and a score of over 12 suggests a referral is necessary.