

Mildly Irritated Eye information leaflet

You have been given this leaflet because you described your eye symptoms to the triage staff as falling into one of the following general descriptions:

- Mild irritation (not painful)
- Slightly Sticky
- Itchy
- Slightly watery
- Vision not affected

The conditions that cause the above are not serious and will often resolve on their own or with a short course of treatment available from a pharmacist.

What do I do next?

It is advisable to still seek advice from a Pharmacist; your Pharmacist is able to offer advice and possible treatment for a series of basic eye conditions. This is a free of charge consultation via the Minor Ailments Service available at your local pharmacy.

What should I look out for?

If your symptoms change or do not settle following the course of treatment recommended by the Pharmacist you should return to the Minor Eye Conditions Service at the optometrist. It is particularly important to attend if:

- **You develop marked eye pain**
- **Light begins to hurt your eyes (you become photophobic / light sensitive)**
- **Spots, blisters or redness appears on the skin around eyes**
- **Your vision becomes blurry**
- **You notice any disturbance of your vision**

General Advice

- You should bathe the eye to remove any discharge / debris from around the eye, you can use cooled boiled water or bottled saline on cotton wool or cotton bud to do this.
- Some eye conditions can be highly contagious, which means it can be passed on easily, it is therefore important to wash hands regularly (especially after touching eyes) and do not share towels or pillows. Throw away any make-up used in the days prior to the infection – especially mascara.
- Do not wear contact lenses until symptoms have completely gone and for a minimum of 24 hours after the last dose of eye drops / ointment (you may wish to speak to your contact lens practitioner prior to re-starting contact lens wear)

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