

Fees and product costs

Dry Eye Clinic Assessment: £65
Follow up appointment: £29

OR

Dry eye care and products are also available on our Eyeplan scheme. Each dry eye product package is tailored to an individual patient's own needs. These are graded as 'Severe', 'Moderate' or 'Mild'. Prices are as follows:

Spectacle wearers:

- Eyeplan: £9.50pcm
- Dry Eye care supplement: £4.50pcm

Contact lens wearers:

- Eyeplan: £11.50pcm
- Dry Eye care supplement: £4.50pcm

Product packages:

Product:

- Severe: £10.00
- Moderate: £7.50
- Mild: £6.00

Opening Times:

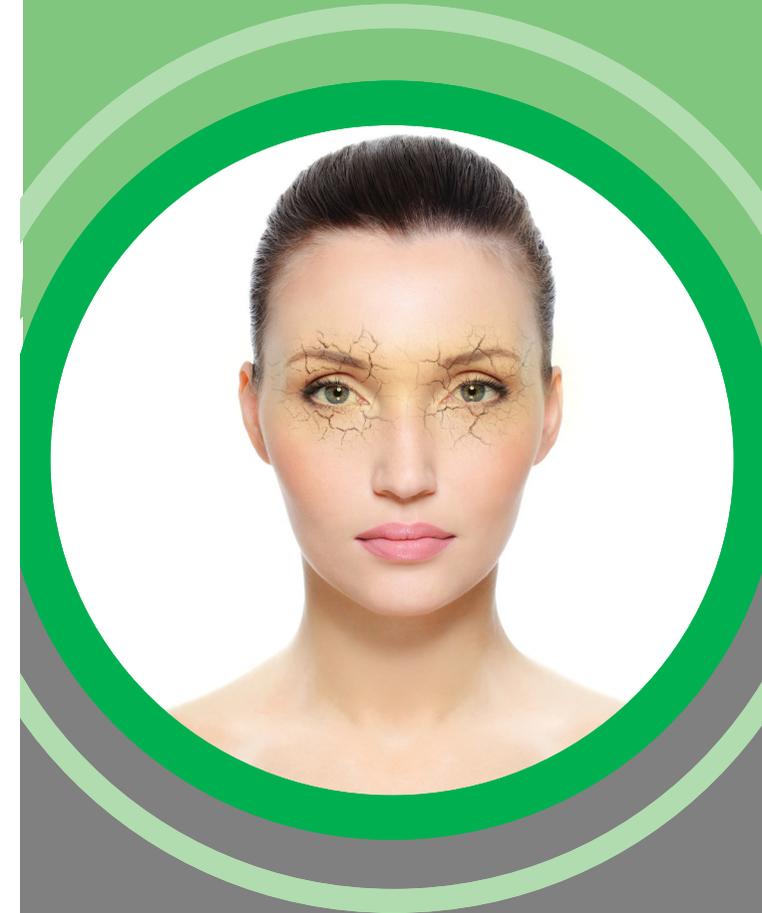
Monday:		CLOSED
Tuesday:	9.00-1.00	2.00-5.30
Wednesday:	9.00-1.00	2.00-5.30
Thursday:	9.00-1.00	2.00-5.30
Friday:	9.00-1.00	2.00-5.30
Saturday:	9.00-1.00	CLOSED
Sunday:		CLOSED

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Dry Eye



YOUR INDEPENDENT
COMMUNITY PRACTICE

Dry Eye Syndrome

Do your eyes often feel dry or irritated?

- Do certain activities, like reading or working on the computer, make your eyes feel scratchy?
- Are you wearing your contact lenses less and less because they feel uncomfortable?
- Do your eyes water excessively but still feel sore?

If you answer "yes" to any of these questions, you may have what eye care practitioners and doctors call dry eye syndrome. It's a common problem, but you don't have to live with it.

The term "dry eye" is self-explanatory - eyes that aren't fresh, moist and comfortable. The problem affects many people, but postmenopausal women and people who wear contact lenses are particularly susceptible.

The condition is related to the quantity and quality of your tears, which can be affected by numerous factors. Some possible causes include diseases such as acne rosacea, blepharitis, hormonal imbalance, medications, such as antihistamines, decongestants and birth control, and exposure to air pollution or other environmental factors.

How can you tell if you have chronic dry eyes?

Common signs and symptoms include:

Redness: bloodshot eyes always indicate a problem. Sometimes it's dry eye.

Discomfort: your eyes burn, sting, feel gritty or are sensitive to light.

Foreign body sensation: you feel as if you have something in your eye.

Too many tears: yes, in some cases your body will over compensate for poor tear quality by continually trying to flush away the foreign body sensation.

Ask you to complete a comprehensive dry eye questionnaire.

Examine your eyelids, lachrymal drainage system, conjunctiva and cornea, pre-corneal tear film integrity and volume, along with other tests to determine the specific cause(s) of your symptoms.

Discuss with you and devise a treatment plan based on your very specific needs.

Arrange a review after an appropriate time to review the results of the treatment plan.

Here are some self-help strategies:

20:20:20:20: when reading or working at a computer - every 20 minutes, look away for 20 seconds, to a distance of 20 feet, and blink 20 times.

Add water: if the air is dry at home or work, use a humidifier. Drink plenty of water too, to hydrate from the inside.

Give dryness the drop: there are a number of eye drops to help restore the natural tear

balance that your Optometrist can provide.

Contact Lens Wearers

Contact lens wearers who have dry eyes may add these strategies to their plan of action:

Try contact lenses made specifically for dry-eye sufferers. Yes, certain lens materials are designed to minimise the symptoms of dry eyes. Ask your eye care practitioner if you can try them.

Use only the contact lens solutions your eye care practitioner recommends. Your eye care practitioner knows which lens cleaning and disinfecting solutions are compatible with the type of lenses you are wearing. If you stray from the prescribed solution, your eyes may feel dry and uncomfortable.

Add moisture throughout the day. Specific contact lens rewetting drops can refresh your eyes throughout the day, even while you're wearing your contact lenses.

Clean lenses properly. Follow eye care practitioners' instructions to care for your lenses. If you need a refresher course, you can find directions on the solution bottle or package insert or better still ask your contact lens practitioner. Clean lenses are less likely to irritate eyes.