

The Tear Clinic



CAMERON
OPTOMETRY

EDINBURGH

Dealing with dry eyes

Our tears play a vital role in keeping our eyes comfortable, healthy and able to see well. However, many people experience periods where they do not produce enough tears or their tears are of poor quality, leading to drying of the eye's surface. This may be a temporary condition but in most cases is a longer term problem that needs on-going management.

Symptoms of dry eyes include; tired, stinging, burning, gritty sensations, red eyes, blurred vision and/or very dry or excessively watery eyes.

Specialist expertise and equipment are required to manage the condition and this can only be done effectively by an optometrist or in hospital.

The treatments we offer include:

- Lifestyle advice including dietary modifications
- Eyelid hygiene treatment with heat packs, deep lid cleans and bleph ex treatment
- Artificial tear drops
- Various prescription medications
- Moisture chamber goggles
- Punctal plugs
- Lacrimal syringing
- Treatment for demodex blepharitis
- Specialist contact lenses

In Scotland, the NHS covers a basic, first line dry eye assessment, but in most cases, where longer term follow-up is required, this must be paid for privately.

Our **Vision+** care plan is usually the preferred option for our patients, offering unlimited access to our expert dry eyes services.

More information can be found at [cameronoptom/tear-clinic](https://www.cameronoptom.com/tear-clinic). To make an initial appointment please contact the practice on 0131 225 2235 or e-mail on tearclinic@cameronoptom.com

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