

# Guidelines for the Treatment of Dry Eye

Severity	First line	Second line	Other
<b>Mild</b> <4 drops per day	Hypromellose 0.3% (preserved) £0.40 £1.21 Carbomers (preserved) £1.43 (Viscotears) £1.59 (Viscotears) £1.49 (Clinitas) †Evolve Hypromellose (0.3% preservative free) £1.50 £1.98	Sno-Tears (preserved) £1.06 £1.06 Artelac Rebalance (oxid preserved) £3.51 £4.99 *Hylo-tear 0.1% (preservative free) £7.48 £8.50 †Evolve HA 0.2% (preservative free) £1.00 £5.99	Bed time Xailin night £2.51 £2.54 or Hylo-Night (formerly known as VitApos) £1.95 £2.75
<b>Moderate</b> 4-6 drops per day	Hypromellose 0.3% (preserved) £0.40 £1.21 Viscotears (preserved) £1.43 £1.59 Artelac Rebalance (oxid preserved) £3.51 £4.99 *Hylo-tear 0.1% (preservative free) £7.48 £8.50 †Evolve HA 0.2% (preservative free) £1.00 £5.99	Systane (preserved) £4.21 £4.66 †Evolve Carmellose 0.5% (preservative free) £1.00 £4.99 †Evolve HA 0.2% (preservative free) £1.00 £5.99	Bed time Xailin night £2.51 £2.54 or Hylo-Night (formerly known as VitApos) £1.95 £2.75 Punctal plugs.
<b>Severe</b> >6 drops per day; corneal disturbance; Schirmer's <3 mm;	*Hylo-tear 0.1% (preservative free) £7.48 £8.50 †Evolve HA 0.2% (preservative free) £1.00 £5.99	Systane (preserved) £4.21 £4.66 †Evolve Carmellose 0.5% (preservative free) £1.00 £4.99 VisuXL ( <i>NB restricted for use in patients with corneal damage in neurotrophic keratitis, corneal trauma, refractory corneal ulcerations or following eye surgery or severe dry eyes where other treatments have not been effective</i> ) £10.30 £10.30	Bed time Xailin night £2.51 £2.54 or Hylo-Night (formerly known as VitApos) £1.95 £2.75 Punctal plugs. Punctal cautery.

All prices quoted are ex. VAT, for a 28 day supply within BHNFT or primary care (MIMS online March 2019 or Drug tariff March 2019).

\* 6 months expiry from time of opening, routine supply on a monthly basis may not be necessary depending on frequency of use.

† 3 months expiry from time of opening, routine supply on a monthly basis may not be necessary depending on frequency of use

## Notes:

- Schirmer's Test is an approximate guide to severity and should be taken in the context of the patient's symptoms. However, proceed with caution in advising punctal cautery in patients with Schirmer's result >3 mm.
- Punctal plugs can be inserted in clinic. Use sizing gauge if using silicone plugs. Visiplugs are internal and last about 3 months.
- Before cauterizing puncta, always syringe to confirm patency. Do not cauterize a punctum that is blocked on syringing.
- First line products should be tried first before proceeding to second line products.

## Using Preservative Free products:

- When treating dry eye associated with glaucoma treatment use preserved ocular lubricants with preserved glaucoma drops before trying preservative free ocular lubricants. This also applies to other medication used in the eye on a long term basis.
- Combine preservative free ocular lubricants and preservative free glaucoma drops only if management of dry eye is still problematic.
- For patients with moderate-to-severe dry eye disease, the absence of preservatives is of more critical importance than the ocular lubricant used, as preservatives can increase corneal inflammation and exacerbate dry eye.

## Self-Care Guidance

Barnsley self-care guidance includes dry or sore tired eyes as one of the minor conditions where self-care by the patient may be appropriate. In simple dry eye syndrome (which includes patients with mild to moderate symptoms, without inflammation, unrelated to a long-term condition or essential medication, and not currently using drops for another eye health problem), patients should be advised to follow self-care advice and where necessary purchase dry eye lubricants in line with the guidance which can be accessed on the BEST website at: [http://best.barnsleyccg.nhs.uk/clinical-support/medicines/prescribing-guidelines/Self\\_Care\\_Guidance.pdf](http://best.barnsleyccg.nhs.uk/clinical-support/medicines/prescribing-guidelines/Self_Care_Guidance.pdf).

Self-care does not apply where the patient's condition falls under the general exceptions within the guidance, e.g. pre-existing long term conditions affecting the eyes or more severe dry eye symptoms.