



## Self-care recommendation for dry eyes

The NHS encourages people to self-care for minor ailments and illnesses as the first stage of treatment. Your condition is appropriate for self-care.

Mild to moderate cases of dry eyes or sore tired eyes can usually be treated using lubricant eye drops, gels or ointments that can be purchased over the counter, without a prescription.

Pharmacy staff can provide advice about treating a variety of minor illnesses. Pharmacists have the knowledge and skills to help with many healthcare conditions, and you don't need an appointment to speak to a pharmacist. Pharmacy staff will ask you some questions to be able to recommend the most appropriate medicine for your condition. They can advise on the most cost-effective form of the recommended medicine. Visiting a pharmacy first helps to make more GP appointments available for people with more complex healthcare needs.

For more information on how to treat your condition visit the NHS website <https://www.nhs.uk/conditions/dry-eyes>

In 2018, NHS England published guidance about reducing the prescribing of medicines that are available to buy over the counter. This means that certain medicines may no longer be prescribed if you can buy them over the counter. Medicines available to buy over the counter will not be routinely prescribed for dry eyes and sore tired eyes.

For more information about why the prescribing of over-the-counter medicines is changing visit [www.england.nhs.uk/publication/prescribing-of-over-the-counter-medicines-is-changing](http://www.england.nhs.uk/publication/prescribing-of-over-the-counter-medicines-is-changing)