

Episcleritis

If you require this information in an alternative language or format (such as Braille, audiotope or large print), please ask the staff who are looking after you.

What is episcleritis?

Episcleritis is a common condition affecting the episclera, the layer of tissue between the surface membrane (conjunctiva) and the firm white part of the eye (the sclera). In episcleritis, the episclera becomes inflamed and red. Episcleritis can be recurrent.

What are the symptoms?

- Eye irritation, soreness or a gritty sensation
- Redness: either of a sector or the whole white of the eye
- Watering eye
- Vision is not usually affected

What is the treatment?

In most cases, episcleritis recovers on its own in a few weeks and may not need any treatment. The symptoms can be relieved by using lubricating eye drops or ointment.

If episcleritis persists and causes significant discomfort, you may need a short course of steroid drops or some non-steroidal anti-inflammatory (NSAID) tablets such as ibuprofen to help it to clear.

Episcleritis

When to seek advice

- If your eyesight becomes increasingly blurred
- If you develop severe pain

How do I contact the hospital?

If you require advice please telephone the Ophthalmic Outpatient Department between 9am – 5pm Monday to Friday on 01423 542217.

Further Information

Other sources of useful information can be found at:

NHS www.nhs.co.uk

Harrogate and District NHS Foundation Trust website www.hdft.nhs.uk

National Eye Institute <http://www.nei.nih.gov/health/>

Feedback

If you have a concern, complaint or compliment, or would like to provide feedback regarding your experience of the Ophthalmology Service / clinic, please contact the Patient Experience Team via the following:

Patient Experience helpline 01423 555499 (Monday – Friday 9.30am – 4pm)

E-mail: hdft.patientexperience@nhs.net

Department of
Ophthalmology
Harrogate District Hospital
Lancaster Park Road
Harrogate HG2 7SX
01423 885959
Direct line: 01423 553195
www.hdft.nhs.uk