

**hughes
macdonald
& davidson**

OPHTHALMIC OPTICIANS

HERPES SIMPLEX KERATITIS

Inflammation Red eye Watery eye Flashing lights
Antibiotic Eye drops Painkillers
Retinal detachment Viral infection Cornea Retinal tear
Vitreous gel Inflammation Blurred
Blurred vision Large floaters . vision
Eye drops Red eye Inflammation Antibiotic
Cornea Light sensitivity Watery eye Flashing lights
Retinal tear Retinal detachment Red eye Eye drops
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Antibiotic Light sensitivity

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What is it?

Herpes Simplex Keratitis is a viral infection of the cornea (window of the eye), the same virus that causes cold sores. It is very common and often flares up during periods of fatigue or feeling run down.

Symptoms include:

- Increased sensitivity to light
- The eye may be red and watery
- Vision may become blurred
- Some pain may be experienced

Treatment is by an antiviral eye ointment, which helps the eye to heal.

It is very important that the treatment is taken as prescribed and that you return to the Optometrist (or the Practice), who diagnosed your condition and started treatment to have a review.

Sometimes your Optometrist may refer you to the Hospital for further investigation or follow up.

Should the pain and redness increase at any point after starting eye drop treatment, you should contact the Practice where you were examined.

You should tell the person answering the phone that you are being treated for herpes simplex keratitis, explain that you feel things have changed and say that you need an emergency assessment.

If you are unable to do this, contact your GP or call NHS24 on 111

Unless you are told otherwise, the correct dosages to treat the affected eye are:

- Aciclovir 3% eye ointment (an antiviral drug), 5 times per day to the affected eye for 2 weeks

You will normally be reviewed on day 7 of treatment.

What should you do if you think your herpes simplex keratitis has returned?

In the future if you have similar symptoms as before you should contact your Optometrist.

You should tell the person answering the phone that you have been treated for herpes simplex keratitis, explain that your symptoms have returned and say that you need an emergency assessment.

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