

Minor Eye Problems?

A stylized illustration of a human eye. The iris is a vibrant blue with a white highlight, and the pupil is black. The eyelids are depicted with thick, black, curved lines, giving it a graphic, almost abstract appearance.

If you have a recent problem with your eyes – such as sore eyes, red eyes or visual disturbance – you can be assessed and treated by our local Minor Eye Conditions Service.

This is a free NHS service available from a number of local opticians. See inside for more information of what conditions are covered and how to book an appointment.

What is a Minor Eye Conditions Service (MECS)?

Conditions that can be seen under the service include:

- Red eye or eyelids
- Dry eye, or gritty and uncomfortable eyes
- Irritation and inflammation of the eye
- Significant recent sticky discharge from the eye or watery eye
- Recently occurring flashes or floaters
- Ingrowing eyelashes
- Recent and sudden loss of vision
- Foreign body in the eye

Please note, this is not a sight test

Also, if you have a major eye condition that is being regularly monitored by your optometrist or hospital eye service, this will not be covered by this service; for example, cataracts, diabetic retinopathy or glaucoma.

Where should I go?

Registered optometry practices (opticians) offering the service are listed on the back of this leaflet. An appointment will normally be required, so telephone first. Appointments are available during normal working hours and some practices offer appointment at weekends. Not all practices have an optometrist available every day, but if they don't, they will be able to find you an alternative appointment nearby.

Who is this service for?

If you are over 18 yrs and registered with a local GP you can use this free service.

How do I book an appointment with the service?

To make an appointment, call one of the opticians on the back of this leaflet. You will be asked some questions about your symptoms in order to assess how quickly you need to be seen by the service, which will be within 24 hours in urgent cases and within a few days for routine appointments.

Please take your glasses and a list of your current medication with you to the appointment. The optometrist may put drops in your eyes to enlarge your pupils in order to get a better view inside your eyes. You should not drive until the effects of these drops have worn off, which may take a few hours.

If your condition is more serious, the optometrist will book you an urgent appointment at a hospital eye clinic. If you need a routine appointment with a hospital, the optometrist will organise this for you.

You may also be advised to make an appointment with your GP if your eye condition is relation to your general health.



Participating practices

R.A.Orkney Optometrist

1, High Street, Leyburn DL8 5AQ
01969 623001

Darryl Taylor Optometrist

84 High Street, Knaresbrough HG5 0EA
01423 862142

Samantha Parker Optometrist

13 Market Place, Knaresbrough HG5 8AL
01423 866475

Yorkshire Eyewear

65 High Street, Knaresbrough HG5 0HB
01423 799997

Kingston White Opticians

2 Park Place, Knaresborough HG4 0ER
01423 867550

Catherine Veen

6 Victoria Avenue, Harrogate HG1 1ED
01423 520888

Eyecatchers

87A Skipton Road, Harrogate HG1 4LF
01423 568083

Page & Smith Opticians

28 Mountpellier Parade, Harrogate HG1 2TG
01423 562616

Specsavers Harrogate

18 Beulah Street Harrogate HG1 1QH
01423 564515

Bayfields Opticians

16 Parliament Street, Harrogate HG1 2QZ
01423 531700

Boots Opticians

26-28 Cambridge Street, Harrogate HG1 1RX
01423 530335

Christopher Nixon

35 High Street, Starbeck HG2 7LQ
01423 885764

Specsavers Ripon

18 Fishergate, Ripon HG4 1DY
01765 694777

Cowen & Morgan

22 Westgate, Ripon HG4 2BQ
01765 600561

Peacock & Row

Unit 2 Moss's Arcade Ripon HG4 1AG
01765 603484

Boots Opticians Ripon

27 Market Place West, Ripon HG4 1BN
01765 606959

The Vale Opticians

1 High Street Boroughbridge YO51 9AW
01423 323450

Paul Rutter

7 Southend, Bedale DL8 2BJ
01677 424142

Specsavers Wetherby

Unit 3 Horsefair Shopping Centre LS22 6FL
01937 545370

Appleson Optometrists

43 Market Place, Wetherby LS22 6LN
01937 583278

www.primary-eyecare-north-yorkshire-and-humber.org

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