

# For any eye problem your first port of call should be an optometrist. An optometrist is the best person to assess urgent eye problems, check for eye disorders and treat eye conditions. They have the professional training and necessary equipment to assess most eye problems and will refer you to see a specialist when necessary. All appointments are NHS funded.

This service can be used for any concerns you may have with the health of your eyes including (but not limited to):

Red eye(s) Something in your eye

Sore eye(s) Eye infections

Deterioration of eyesight Other disturbance of eyesight Cataracts Scratched eye(s)

If you already have your own optometrist you should contact them in the first instance as having previous clinical records is very useful.

If you do not already have an optometrist there is a list of some of those in the local area on the back of this sheet. Please contact them and they will arrange to see you. You can also choose to visit any optometrist providing NHS services for treatment.

Note that when you contact the optometrist of your choice their staff will assess your symptoms and offer you an appropriate appointment. The time you will have to wait will depend on the severity and duration of your symptoms. Emergency problems will be seen quickly. If your problem is urgent and they cannot manage to see you they will find someone who can.

After the appointment they may send you to a local pharmacy or request a prescription from your GP for appropriate medication or, if necessary, refer you to a hospital specialist. A report will be sent to your GP so they have a complete record.

**Lothian Eye Health Network Practices**

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| 20/20 Opticians  139 Gorgie Road  Edinburgh  EH11 1TH  0131 346 8102 | Black & Lizars  98 Lothian Road  Edinburgh  EH3 9BE  0131 229 7738 | Black & Lizars  20 Frederick Street  Edinburgh  EH2 2JR  0131 257 4257 | Boots Opticians Ltd  101-103 Princes Street Edinburgh  EH2 3AA  0131 225 6397 |
| Boots Opticians Ltd  13B Cameron Toll Centre 6/5 Lady Road Edinburgh  EH16 5PB  0131 664 2545 | Colinton Opticians  56 Bridge Road  Edinburgh  EH13 0LQ  0131 441 5441 | Lyndsay Brown  27B Marchmont Road Edinburgh  EH9 1HY  0131 229 8043 | McGrath's Opticians 11 Queensferry Street Edinburgh  EH2 4PG  0131 225 7029 |
| Optical Express  23 Shandwick Place Edinburgh  EH2 4RG  0131 228 3334 | Optical Express  40 Colinton Road Edinburgh  EH10 5BT  0800 023 2020 | R C Cunning  114 Bruntsfield Place Edinburgh  EH10 4EQ  0131 229 9829 | Rifkind & Brophy Opticians  247A Morningside Road Edinburgh  EH10 4QU  0131 447 2165 |
| S R Hyslop  40 Home Street  Edinburgh  EH3 9LZ  0131 229 7651 | Specsavers Opticians  14-16 Shandwick Place  Edinburgh  EH2 4AN  0131 240 8860 | Specsavers Opticians  27 North Bridge  Edinburgh  EH1 1SB  0131 558 5260 | Specsavers Opticians  302 Morningside Road  Edinburgh  EH10 4QH  0131 446 9960 |
| Spex Opticians  37 Drum Street  Edinburgh  EH17 8RQ  0131 666 0366 | Trotters Opticians  44 George Street Edinburgh  EH2 2LE  0131 225 4805 | Vision Express  24 Frederick Street Edinburgh  EH2 2JS  0131 556 5656 | Vision Express  151 Morningside Road Edinburgh  EH10 4QL  0131 447 9000 |