

The Minor Eye Conditions Service (MECS)

The service provides urgent eye assessments for patients complaining of recent minor eye conditions.

What conditions may be seen by MECS ?

- **Red eye** or eyelids with no reduced vision
- **Dry or gritty, or itchy and uncomfortable eyes.** Patients should have tried a “DRY EYE” drop (available from most opticians or pharmacies) for a minimum of two weeks with no improvement before presenting for a MECS appointment.
- **Ingrowing eyelashes-** if recurrent problem then referral may be required and not a MECS appointment. Please speak to your own optician for advice BEFORE booking a MECS appointment
- **Mild eye pain** (on a scale of 1-5): 1-3 improving with painkillers
- **Irritation** and inflammation of the eye
- **Superficial Foreign body** in the eye
- Significant recent **sticky discharge** from the eye or **watery** eye
- **Recent flashes or floaters less than 3 months** with no loss of vision and / or no obstruction across vision
- **Recent loss or distortion of vision** more than 48 hours and less than 3 months with no pain

What assessments will the MECS practitioners make?

They will:

1. Take a history of present problem, any past eye and medical history, medications, allergies and family history of eye disease.
2. Assess the vision and examine the eyes.

They may also use drops to enlarge the pupils. These may affect the vision for a few hours (possibly up to 6 hours for some people).

DO NOT DRIVE TO THE APPOINTMENT or undertake other hazardous activities whilst vision is still blurred from drops.

How do I book an appointment with MECS?

Please **call** to arrange an appointment

Please **take your glasses** and **a list of your current medication** with you to the appointment.

Devon practices

Angus McPhie	01822 612863	7 Market Street, Tavistock
Boots Opticians	01822 612076	82 West Street, Tavistock
Iconic Opticians	01752 415490	73 Cornwall Street, Plymouth
	01752 404544	The Broadway, Plymstock
	01822 611119	40 Brook Street, Tavistock
For Your Eyes Only	01548 852636	77 Fore Street, Kingsbridge
Newsome Opticians	01752 671107 01752 881350	Glanvilles Mill, Ivybridge Market Street, Yealmpton
Nigel Gaaney	01752 366022	109 Victoria Road, Plymouth
Noakes, Habermehl and Kerr	01752 772116	2 Meavy Way, Crownhill
	01752 345269	62 Ridgeway, Plympton
	01752 892185	6 Fore Street, Ivybridge
Specsavers	01822 619910	3 West Street, Tavistock
Specsavers	01752 253434	152-154 Armada Way, Plymouth
Specsavers	01752 270084	Sainsbury's, Plymouth Road, Plymouth
Specsavers	01752 402241	39-41 The Broadway, Plymstock

Cornwall practices

Andrew Keirl	01579 346694	The Parade, Liskeard
Huxter and Davy	01503 262054	Higher Market Street, The Quay, Looe
	01752 813687	56 Antony Road, Torpoint
Noakes, Habermehl and Kerr	01752 847477	101 Fore Street, Saltash
	01579 382345	49 Fore Street, Callington
Specsavers	01752 850120	27-29 Lower Fore Street, Saltash
Specsavers	01566 774354	11 Broad Street, Launceston
Thompsons	01579 343348	4a Pike Street, Liskeard

