
# 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**

|  |  |  |  |
| --- | --- | --- | --- |
| 20/20 Opticians 139 Gorgie RoadEdinburghEH11 1TH0131 346 8102 | Black & Lizars 98 Lothian Road EdinburghEH3 9BE0131 229 7738 | Black & Lizars20 Frederick Street EdinburghEH2 2JR0131 257 4257 | Boots Opticians Ltd 101-103 Princes Street EdinburghEH2 3AA0131 225 6397 |
| Boots Opticians Ltd13B Cameron Toll Centre 6/5 Lady Road EdinburghEH16 5PB 0131 664 2545 | Colinton Opticians56 Bridge RoadEdinburghEH13 0LQ0131 441 5441 | Lyndsay Brown27B Marchmont Road EdinburghEH9 1HY0131 229 8043 | McGrath's Opticians 11 Queensferry Street EdinburghEH2 4PG0131 225 7029 |
| Optical Express23 Shandwick Place EdinburghEH2 4RG0131 228 3334 | Optical Express40 Colinton Road EdinburghEH10 5BT0800 023 2020 | R C Cunning114 Bruntsfield Place EdinburghEH10 4EQ 0131 229 9829 | Rifkind & Brophy Opticians247A Morningside Road EdinburghEH10 4QU0131 447 2165 |
| S R Hyslop40 Home Street EdinburghEH3 9LZ0131 229 7651 | Specsavers Opticians 14-16 Shandwick Place EdinburghEH2 4AN0131 240 8860 | Specsavers Opticians 27 North Bridge EdinburghEH1 1SB0131 558 5260 | Specsavers Opticians 302 Morningside RoadEdinburghEH10 4QH0131 446 9960 |
| Spex Opticians 37 Drum Street Edinburgh EH17 8RQ 0131 666 0366 | Trotters Opticians 44 George Street EdinburghEH2 2LE0131 225 4805 | Vision Express24 Frederick Street EdinburghEH2 2JS0131 556 5656 | Vision Express151 Morningside Road EdinburghEH10 4QL 0131 447 9000 |