

What is iritis or uveitis?

The iris is the coloured part of your eye, and iritis simply means that this has become inflamed. This usually causes misty vision, redness of the eye and a dull ache which is worse in bright light.

Why have I got iritis?

In many people the cause of iritis is unknown. Sometimes people get iritis in association with other conditions like arthritis and autoimmune conditions. If you have repeated attacks, you may have some tests done to see if there is any associated general health condition.

Can Iritis cause blindness?

Iritis or uveitis can cause loss of sight by several mechanisms. It can cause cataracts, raised pressure in the eye, damage to the optic nerve, damage to the retina, extremely low pressure in the eye, and corneal problems. Sight can be lost permanently by any of these mechanisms. It is therefore essential that you seek professional help consulting by an eye doctor with a special interest in uveitis.

How is iritis treated?

Most people with iritis respond to eye drops within a few weeks. The drops used are:

(1) Steroids; These drops are given throughout the day as eye drops (such as Maxidex or Predforte) and at night as a longer action cream (eg, Betnesol). The frequency and the amount of eye drops is usually determined by your eye doctor keeping in mind the severity of iritis. As your symptoms improve your doctor will suggest that you gradually reduce the number of drops you use each day.

(2) Drops to dilate the pupil (such as atropine or cyclopentolate). These make the vision blurred but usually take the pain away. They are usually necessary in the early stages of a uveitis / iritis episode and make the eye feel more comfortable. They also reduce the chances of damaging complications.

To make an appointment

Call Mr Saeed's secretary Debbie Newman 01372-275161 option 2
contact@london-eye-surgeon.co.uk

Severe Iritis

In severe uveitis, patients may need injections around the eye. These are usually steroid injections. These can be given in or around the eyeball.

Occasionally patients need steroids in a tablet form. These are usually reserved for very severe cases of uveitis with retinal complications. The side effects of high dose oral steroids can be severe, so please ask your doctor if you think that you are having problems with high dose oral steroids.

Very severe iritis / uveitis

Some patients with very severe uveitis will need oral steroids followed by steroid sparing agents. These may be drugs like Methotrexate, Infliximab, adalimumab, cyclosporine and Azathioprine. Sometimes these drugs are also used in cancer treatments.

Will the iritis come back again?

Iritis tends to recur and it is important that you go to eye unit if your symptoms return, so that you can be treated promptly.

What are Mr Saeed's credentials in treating uveitis?

Mr Saeed has a lot of experience in treating uveitis patients. He runs a weekly uveitis clinic in St Helier hospital London to treat uveitis patients. He set up the Liverpool Uveitis database and Liverpool paediatric Uveitis database. He has several publications in the field of uveitis.

Disclaimer: This information leaflet is produced to help increase awareness regarding uveitis. It is not intended to replace professional medical advice or to provide advice in any special individual circumstance. Please seek expert medical advice regarding your specific medical condition.

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