

Thyroid eye disease (TED)

Ophthalmology Department

Information for Patients

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What is thyroid eye disease (TED)?

Thyroid eye disease usually happens if you have an overactive thyroid gland, but it can happen in people with a normal or underactive thyroid gland.

Early in the disease the tissues around your eyes become swollen. This makes your eyes seem to stare or be pushed forwards (also known as proptosis). The eyelids are pulled back and the swollen tissues around the eye push it forwards.

What are the signs and symptoms?

- Starey eyes or proptosis
- Irritation/ grittiness and redness of the eyes
- Double vision (diplopia)
- Blurred vision

How can TED be treated?

During the day, eye drops (e.g. artificial tears) can be used to help with gritty eyes. At night an ointment (e.g. VitA-POS) can help.

Using extra pillows at night to raise your head can reduce puffiness around the eyes.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Double vision can happen when the muscles that move the eye swell and start to scar, which can affect eye movement. Wearing temporary plastic prisms on glasses may help by joining the 2 images.

If your vision gets worse it may need treatment to relieve pressure on the optic nerve. This can involve treatment with high dose steroids, radiotherapy or an operation to reduce the pressure on the nerve (orbital decompression surgery).

Some people are very aware of the changes that affect their face. Some of the effects of TED can improve with strict medical control and the passage of time.

However, in some sufferers the changes continue for long term. Many can cover these up by doing simple things like growing a fringe or wearing tinted dark glasses.

Can I do anything to stop TED from getting worse?

If you are smoker, give it up – ask your doctor for advice on how to stop, or start a stop-smoking programme. Patients with TED who continue to smoke respond less well to treatments, but the response can improve soon after giving up smoking.

Contact details

Oculoplastics Team, Leicester Royal Infirmary:
Monday to Friday, 8am to 5pm - Tel: 0116 204 7971

Further information

Thyroid Eye Disease Charitable Trust offers support to those affected by TED.

PO BOX 1928, Bristol BS37 0AX Tel: 07469 921 782 website: <http://tedct.org.uk/>

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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