

Appointments are available during normal practice opening hours.

Alternatively, you may be referred to the Community MECS for assessment and possible treatment, by your GP or eye casualty at the hospital.

### WHAT HAPPENS WHEN I SEE THE OPTOMETRIST?

A clinician will discuss your eye history, any symptoms you may be experiencing and any related medical history.

You will receive an eye assessment relevant to your symptoms.

Please take a list of all current medications and your up-to-date glasses with you to the appointment.

As a result of the consultation:

- You will be assessed and advised appropriate treatment by the optometrist
- Occasionally, treatments may need to be accessed via a pharmacy or GP following assessment
- You may be referred to the hospital eye service if your eye condition is deemed serious.



Note: You may not be able to drive immediately after your examination.

PLEASE VISIT

[www.nelondonloc.com/mecs](http://www.nelondonloc.com/mecs)

FOR MORE INFORMATION

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## WALTHAM FOREST COMMUNITY MINOR EYE CONDITIONS SERVICE (MECS)

### ABOUT MECS

MECS is a free service available to all patients aged 18 years and above who are registered with a GP in Waltham Forest.

The service provides treatment to patients experiencing recently occurring eye conditions.

The service is provided by local optometrists with the knowledge and skills to carry out this work at locally approved optician practices.

### PRACTICES AND CLINICS

Please call one of the following practices to talk about your symptoms;

**Boots Opticians,  
2 Selbourne Walk,  
Walthamstow, London, E17 7JR  
Tel: 020 8509 3101**

**D C Dermott,  
20 Wood Street, Walthamstow,  
London, E17 3HT  
Tel: 020 8520 5252**

**Dermott Eyecare Ltd,  
245 Chingford Mount Road,  
London, E4 8LP  
Tel: 020 8524 3737**

**E4 Eyes,  
12 Old Church Road, Chingford  
London, E4 8DD  
Tel: 020 8529 1838**

**Eye Fashions,  
92 High Street, Walthamstow,  
London, E17 7LD  
Tel: 020 8520 5535**

**Eyedeal Vision,  
40 Station Road, Chingford  
E4 7BE, London,  
Tel: 020 8524 2887**

**Specsavers Opticians,  
26 Old Church Road, Chingford,  
London, E4 8DD  
Tel: 020 8506 3780**

**Specsavers Opticians,  
203 High Street, Walthamstow,  
London, E17 7BH  
Tel: 020 8520 7200**

**Wood Street Opticians,  
153 Wood Street, Walthamstow,  
London, E17 3LX  
Tel: 020 8520 3769**

**You can contact any of these approved practices directly to make an appointment and ask to be seen for a free Minor Eye Condition appointment.**

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## **EYE CONDITIONS TREATED UNDER MECS**

**The service is designed for recently occurring medical eye conditions including:**

- Reduction in vision in one or both eyes**
- Red eye(s) or eye lids**
- Pain or discomfort in the eyes, around the eye area or temple**
- Onset or sudden increase of flashers and/or floaters in one or both eyes**
- Mild trauma, for example a scratch to the outer surface of the eye(s) or lid(s)**
- Suspected foreign body in the eye**
- Onset of double vision**
- Significant recent discharge or watering of the eye**

**You can contact any of these approved practices directly to make an appointment and ask to be seen for a free Minor Eye Condition appointment.**