

Devon in Sight Eye Condition Fact Sheet 21

Ocular Hypertension (OHT)

Introduction

Ocular hypertension is when the pressure of fluid in the eye is higher than normal. People with ocular hypertension are at a greater risk of developing a condition called glaucoma.

Who is affected by ocular hypertension?

Eye pressure slowly rises with increasing age, so ocular hypertension is mainly found in people aged over 40. However, it can occur at any age.

What are the symptoms of ocular hypertension?

Most people with ocular hypertension do not experience any symptoms. However your optometrist can pick it up during your eye examination, and will continue to monitor you to make sure you do not develop glaucoma which can cause damage to your optic nerve.

How do you treat ocular hypertension?

As OHT does not cause any damage to your vision, it does not need any treatment. However, you should be regularly monitored to make sure you do not develop glaucoma. If the pressure inside your eye is very high, even if it is not causing any damage to your sight, your optometrist or ophthalmologist may recommend eye drops or surgery to lower the pressure as a preventative measure.

What to do next?

If you are experiencing any of the above symptoms or your sight loss deteriorates, please contact your GP/Optician/Accident & Emergency Department at your local Hospital.

If you need any further advice call our Helpline: 01392 876 666

Devon in Sight is a member of the **Helpline Partnership Community**.

Credit

We would like to thank the **Royal College of Optometrists** for their kind permission to reproduce this information.

Further Support Available from Devon in Sight

- **Information, Advice and Guidance**
- **Demonstrations of Low Vision Aids & Daily Living Equipment**
- **Assistive Technology Solutions**
- **Our holistic needs assessment (Sight Loss MOT)**
- **Training for people with central vision loss (Skills for Seeing)**

Information Disclaimer

Devon in Sight is committed to producing Information, Advice & Guidance Resources that are clear, accurate, evidence-based, up-to-date and easy to use. We have a robust information production process based on best practice to ensure that information we produce meets the needs of people who are blind or partially sighted and their family and friends.

Devon in Sight is not a medical organisation; therefore we can only provide general information that is not intended to be a substitute for a proper medical assessment. Our information is not intended to be used

for individual cases. If you have a specific question about your eye condition, we recommend that you consult an eye care professional.

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Our Information, Advice & Guidance Resources were correct at the time of writing. However, due to research and medical advances, the content may not be completely up to date.

Devon in Sight Contact Information



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