



Punctal Plugs for Dry Eye

Dry eye condition can cause eye discomfort and blurred vision. Healthy eyes make a tear film that protects the eyes. The tear film has a water layer, a mucus layer, and an oily layer. Inadequate production of tears is one cause of dry eye condition.

Punctal plugs are a treatment for dry eye. Small, rod like inserts will be placed (using forceps and anesthetic eye drops) into the eye's natural tear drainage system. The plugs are made of an absorbable or non-absorbable synthetic material. The patient is responsible for disclosing any allergies. Blocking the tear drainage system with punctal plugs may improve symptoms by keeping more tears on the front surface of the eye.

The goal of punctal plugs is to make your eyes more comfortable. Your eye(s) may not feel better immediately. Your eye(s) may not feel completely better if you have some diseases, have had dry eye a long time, or have an eye gland disease. Punctal plugs may be permanent or temporary. Talk to your eye doctor about the options and how well punctal plugs will work for you.

It is your choice to have punctal plugs inserted. Here are some other options:

- Dry eye can damage the surface of the eye if it is not treated, but your eyes may not bother you enough to have treatment.
- There are other treatments for dry eye such as eyelid scrub with warm compresses, eye drops, prescription medications like Restasis or Xiidra, and iLux or Lipiflow procedures.

As with all procedures, there are risks with punctal plugs. While your eye doctor cannot tell you about all risks, here are some of the most common or serious:

- Infection - The punctal plug is a foreign material and may be associated with infection around the plug. Infections can be treated with antibiotics and removal of the plug in most cases
- Excessive tearing or irritation – Punctal plugs may not allow the tears to drain sufficiently. In the event that this is the case, your optometrist will likely remove the plugs.
- Loss or retention of plug – The plug may fall out of the eye and require replacement. We cannot be held responsible for the replacement costs of the plug. Plugs may also become lodged in the tear drainage pathway or cause scarring which may require surgery.

Punctal plug insertion is typically billed to your medical insurance. You will be responsible for any copay, coinsurance or unmet deductible at the time of service.

Consent. By signing below, you consent (agree) that:

- You read this informed consent form, or someone read it to you.
- You understand the information in this informed consent form.
- The eye doctor or staff answered all your questions about punctal plugs.

I consent to the insertion of punctal plugs in the following location(s):

Right Eye: Upper Lid / Lower Lid

Left Eye: Upper Lid / Lower Lid

Print Patient Name

Signature

Date