

Insertion of Punctal Plugs for dry eye

Condition and Proposed Treatment

Dr Then has diagnosed me with dry eye syndrome. Blocking the tear drainage system with punctal (tear duct) plugs may improve my symptoms of dry eye by keeping more tears in the eye.

Alternative treatments

- Artificial tears or ointment – Lubrication increases moisture on the surface of the eye. Depending on severity, these over-the-counter drops and ointments may be applied several times daily for maximal comfort
- Surgical tear drainage closure – The punctum and canaliculus may be surgically occluded by thermal cautery (heat) or ligation (suture closure). These methods should be considered permanent.
- No Treatment – I may choose to do nothing and tolerate the symptoms of my dry eye condition.

Risks of punctal plugs

- 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.
- Excessive Tearing – In some cases, plugs may cause an overflow of tears. Dr Then may decide to remove the plugs in this situation.
- Irritation – The exposed end of the punctal plug may cause irritation and need to be replaced with a different size plug or removed.
- Loss of the Plug – The punctal plug may fall out or need to be replaced.
- Retention of plug in or permanent scarring of the tear duct – Although rare, plugs may become lodged in the tear drainage pathway (canaliculus) or cause scarring. Surgery may be necessary to re-establish tear drainage

Patient acceptance of risk

It is impossible for Dr Then to inform of every possible complication that may occur. Results cannot be guaranteed and more treatment/surgery may be necessary.

We confirm you will sign a consent form with Dr Then to proceed with this procedure.

Dr Then will answer any questions to your satisfaction and costs of having punctal plug inserted will be explained.

If you have any additional queries, please do not hesitate to call 9535 4231.