



COMMUNITY EYE CARE SPECIALISTS COMMUNITY SURGERY AND LASER CENTER

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Punctum Plugs

A punctum plug has been placed in one or more of your punctum to assist in the retention of the natural tear film in your eye.

The punctum plug is a non-dissolvable, yet removable plug which seals the tear duct, therefore blocking the passage by which tears leave the surface of the eye. The soft, flexible plug provides longer-term relief with maximum comfort.

Relief of your dry eye symptoms following the insertion of the plug may not be noticed immediately. For some patients, relief will be a gradual process of healing in the eye while others will experience relief soon after insertion.

Minor irritation, discomfort or excessive tearing may occur during the first few days. If you are concerned or experience unusual problems which seem related to the plug, please do not hesitate to contact your eye care professional.

The punctum plug is designed for easy removal. The removal of a plug should only be done by your doctor. The ability to easily remove the plug may occasionally result in accidentally dislodging the plug by the patient. A few recommendations for care of your plugs are listed below.

Punctum Plug Patient Care

When a buildup of material, often referred to as "asleep", collects in the corners of your eye, take special care in its removal. Use a clean cotton tipped applicator, such as a "Q-tip", with the aid of a mirror to gently remove the debris. Moistening the cotton with warm water prior to use may be helpful. Avoid rubbing the surface of the eye with the applicator. If necessary, you may wear your glasses during the cleaning process. Simply reach under the edge of the glasses with the applicator while looking in the mirror and gently wipe debris away. If you experience any complications, contact your eye care professional.

If the plug is lost, it can be replaced. Do not attempt to replace a plug that has been dislodged. Permanent closure of the punctum can be achieved with cautery. This is often necessary if the plug will not stay in.

Following the insertion, if you experience unusual or unexplained discomfort, contact your eye care professional as soon as possible.