

Punctum Plugs

VG Site, QE II

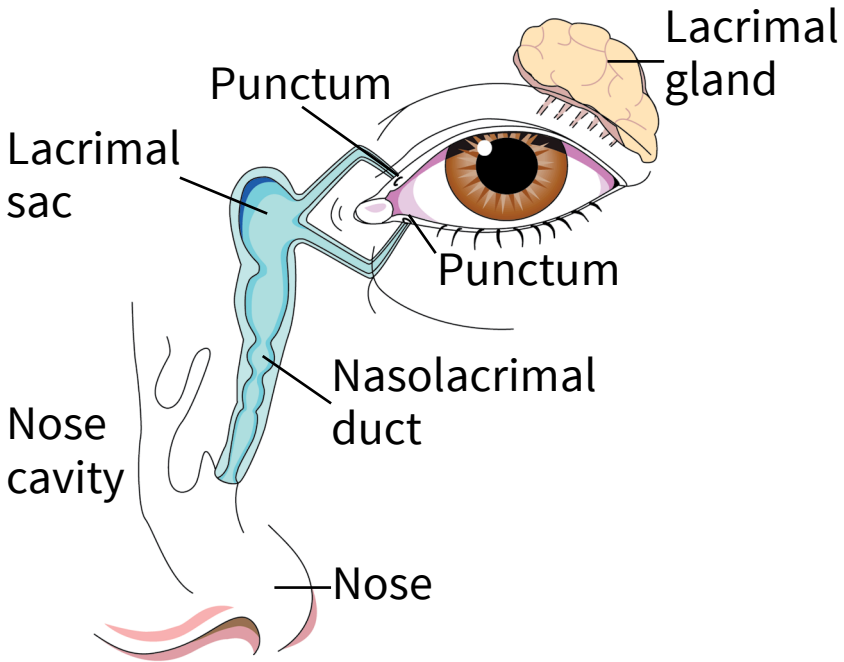
Register using a self check-in kiosk in the main entrance of the Centennial or the Dickson Building, Victoria General site.

Next, go to the Eye Care Centre in the Centennial Building, 2A.

Punctum Plugs

What are punctum plugs?

- Punctum plugs are usually used to treat dry eyes. Punctum plugs with small openings may also be used to treat damaged or scarred puncta. The puncta are 2 small openings at the end of each eyelid near your nose. There is 1 punctum in the upper lid and 1 in the lower lid (see image on page 2).
- Tears are made by the lacrimal gland and other tear glands around the eyes. They drain through each punctum into the lacrimal sac, and then into the nose. Small silicone (rubber) plugs can be placed into 1 or both puncta.
 - › The plugs block the openings, letting more moisture stay on your eyes to help with dry eyes.
 - › If the plugs have openings, they help your tears to drain better.
- It only takes a few minutes to put the plugs in, and is usually painless. The plugs will only be removed if needed.



What will happen when the punctum plug(s) is put in?

- Your ophthalmologist (eye doctor) will book an appointment for you at the Eye Care Centre to have the punctum plug(s) inserted (put in).
- At your appointment, you will sit in front of a slit-lamp (machine that takes pictures of the eye).

- Your ophthalmologist may give you eye drops to freeze your eye so that you do not feel any discomfort. They will then gently dilate (make bigger) the tear duct and insert the plug. You may feel relief right away or slowly over time.
- You will get a prescription for medication.

What will happen after the plug(s) is put in?

- You may have a small amount of discomfort in the plugged area and your eyes may water for a few days.
- Use a mirror and gently wipe with a clean cotton swab to remove the debris (sleep) that collects in the corners of your eyes. You may wet the swab with warm water.
- Be careful not to press on the area of the plug. **If the plug falls out, do not try to put it back in yourself.** Call your ophthalmologist.
- Call your ophthalmologist if you have any problems or concerns.

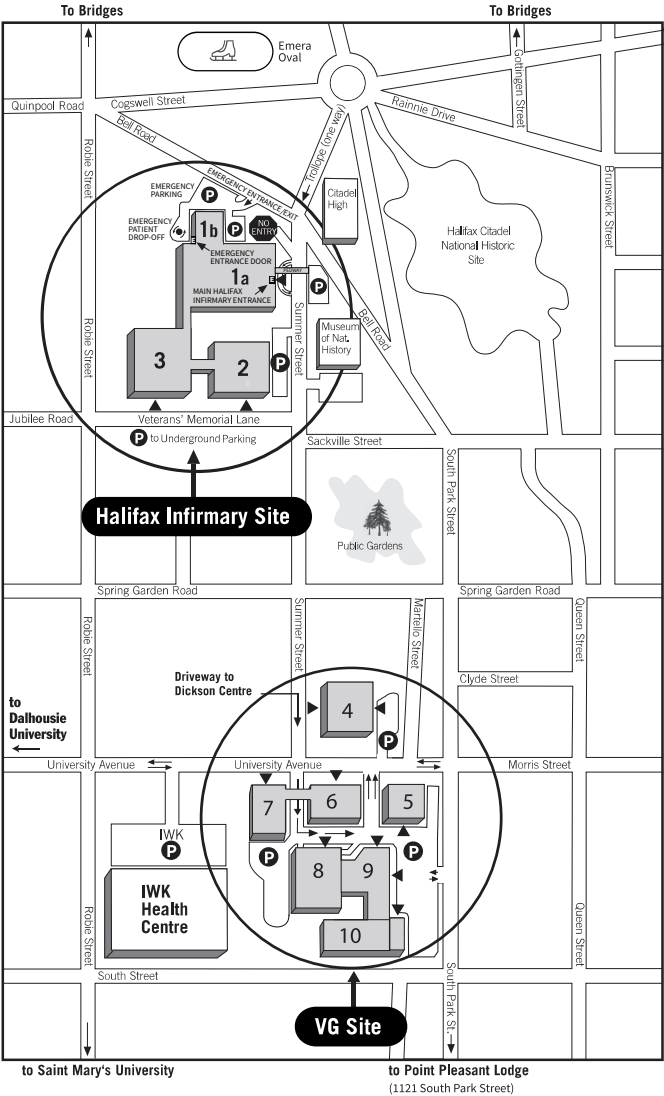
QEII Health Sciences Centre

is made up of 10 buildings located on two sites

Halifax Infirmary Site
<ol style="list-style-type: none"> 1a. Halifax Infirmary 1b. Emergency Dept. 2. Abbie J. Lane Memorial Building 3. Camp Hill Veterans' Memorial Building
VG Site
<ol style="list-style-type: none"> 4. Nova Scotia Rehabilitation Centre 5. Bethune Building 6. Mackenzie Building Laboratories 7. Centre for Clinical Research 8. Dickson Building 9. Victoria Building 10. Centennial Building

- Patient Parking
- Entrance Doors

Please do not wear scented products when you come to the QEII.



Notes:

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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