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

Next, go to the Eye Care Centre in the Centennial Building, 2A.
What are punctum plugs?

• Punctum plugs are usually used to treat dry eyes. Sometimes plugs with small openings are used for patients with damaged or scarred puncta. The puncta are 2 small openings at the nose end of each eyelid. There is one punctum in the upper lid and one in the lower lid.

• 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 one 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.

• After your appointment, we will ask you to go to the VG pharmacy on the main floor of the Centennial Building, Victoria General site, to show your prescription and pay for the plugs.

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 replace it yourself.** Contact your ophthalmologist.

• Contact your ophthalmologist if you have any problems or concerns.

Where is the VG pharmacy?

QEII, VG site
Centennial Building, 1st floor (next to the Scotia Room cafeteria)
1276 Tower Road
Halifax, NS
B3H 2Y9

Hours: Monday to Friday, 8:30 a.m. to 4:30 p.m.

What are your questions?
Please ask. We are here to help you.
QEII Health Sciences Centre is made up of 10 buildings located on two sites

**Halifax Infirmary Site**
1. Halifax Infirmary
2. Abbie J. Lane Memorial Building
3. Camp Hill Veterans’ Memorial Building

**VG Site**
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

**Map Notes:**
- Patient Parking
- Entrance Doors

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

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Enter the Centennial Building. Turn right and then take the first right. The pharmacy is along the hall before you reach the restaurant on the main floor.