

# Punctum Plugs

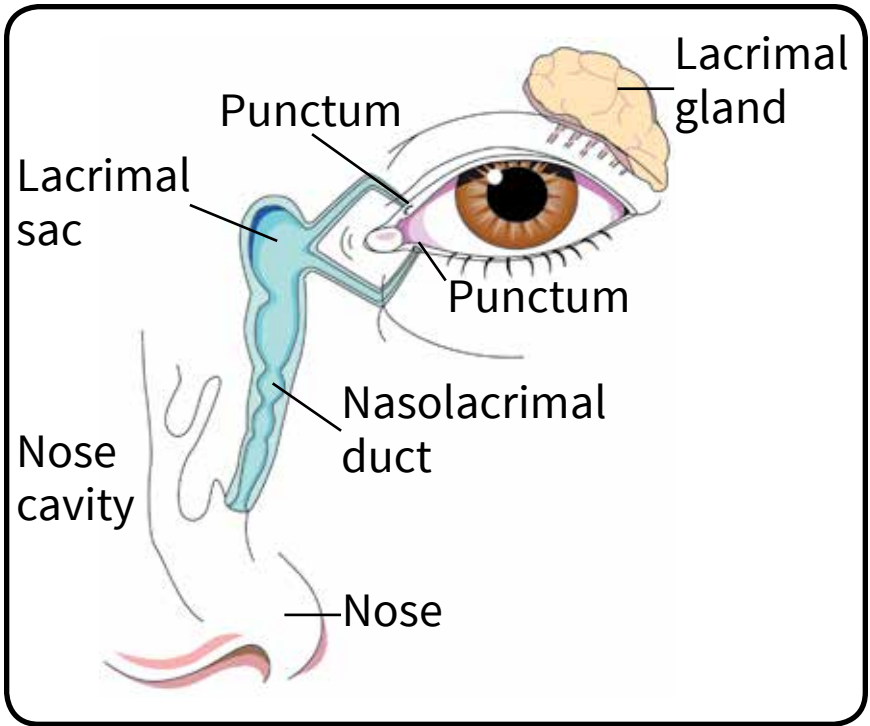
Register using a self check-in kiosk in the main entrance of the Centennial or Dickson Buildings, Victoria General site.

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

# Punctum Plugs

## 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

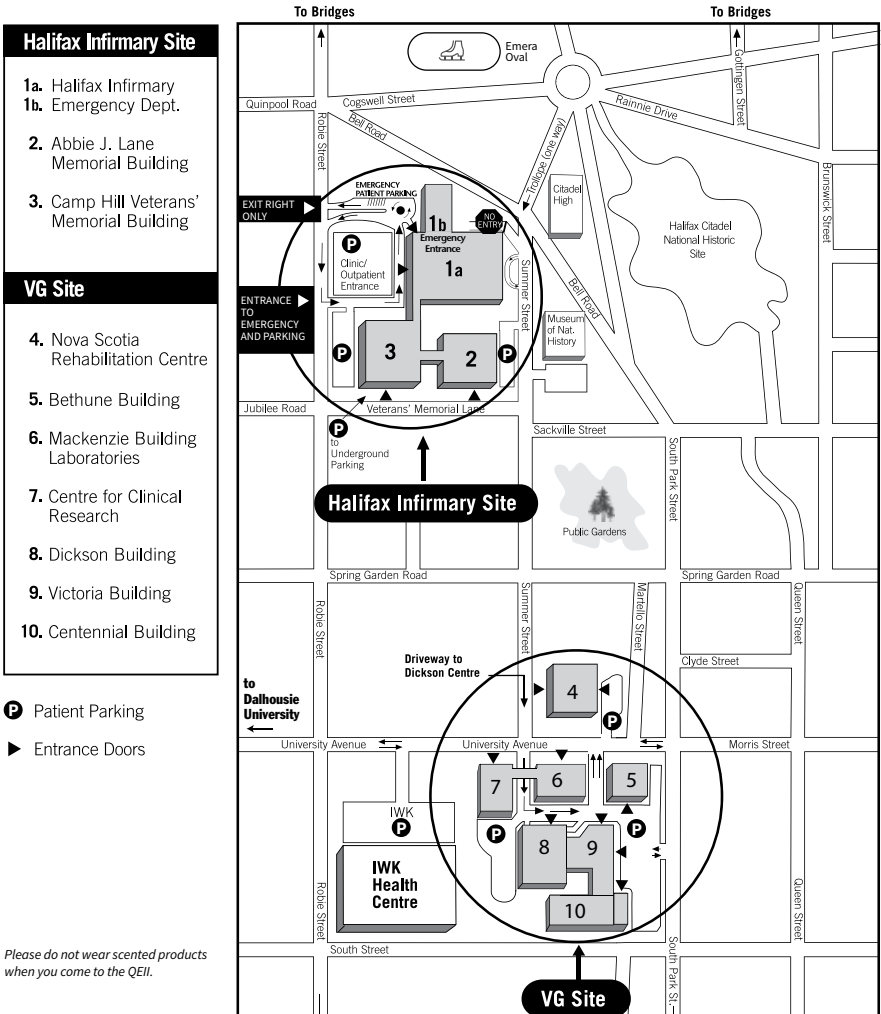
Hours: Monday to Friday,  
8:30 a.m. to 4:30 p.m.

**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



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.

# Notes:

---

---

---

---

---

---

---

---

---

---

### Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

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

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

*Prepared by: Eye Care Centre*

*Illustration by: LifeART Super Anatomy 1 Images, Copyright © 1994, TechPool Studios Corp. USA*

*Designed by: NSHA Library Services*

The information in this brochure is for informational and educational purposes only.  
The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

WW85-0094 © June 2020 Nova Scotia Health Authority

The information in this pamphlet is to be updated every 3 years or as needed.