



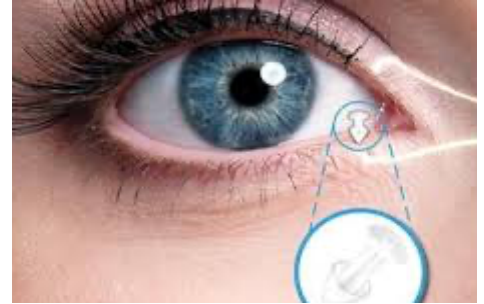
Punctal plugs for dry eyes

Mr Kumar has diagnosed you with **dry eyes** and recommended a simple procedure called punctal plugs. This leaflet explains what the procedure involves, how it works, and what to expect.

What are punctal plugs?

Punctal plugs are small silicone medical devices inserted into the tear drainage openings (puncta) of the eyelids.

They can last months to several years. In many cases, they remain in place indefinitely unless removed



How do they work?

Normally, tears drain away from the eye through tiny openings in the eyelids (puncta). Punctal plugs partially or completely block this drainage, allowing tears to remain on the eye surface for longer, thereby improving lubrication.

When is it useful?

Punctal plugs can be used to relieve symptoms associated with dry eyes like:

- Dryness or discomfort in the eyes
- Burning or stinging sensation
- Grittiness or “foreign body” sensation
- Redness
- Intermittent blurred vision (often improves with blinking)
- Sensitivity to light (photophobia)
- Eye fatigue, especially with screen use

They can be particularly helpful for individuals who find it difficult to use eye drops regularly, such as those with arthritis, tremors, or memory problems. In addition, they may be a suitable option for patients who prefer not to rely on frequent use of eye drops.

The procedure

The procedure is quick and painless, taking approximately 10-15 minutes. Mr Kumar will examine your eyes using the slit lamp to confirm suitability for punctal plugs and assess the correct size for the plug. He may instil anaesthetic drops to numb the surface of the eye. During the procedure, you are advised to keep your head still with the forehead touching the bar of the machine and your chin on the chin rest.

The lower lid is gently pulled down to locate the punctum. The punctal plug is then inserted using a preloaded applicator- a small dilator may be used to widen the opening. The position is then checked to ensure comfort and correct placement

After the procedure

If you had anaesthetic drops, the vision might be blurred briefly. You are also advised not to touch or rub your eyes immediately after the procedure. You can return to normal activities immediately. You may be advised to use lubricant drops if needed.

Potential risks

Initially, some patients may feel a foreign body sensation, but this tends to settle with time. Punctal plugs are available in different sizes. Occasionally, a plug may be too small (leading



to it falling out) or too large (causing a tight sensation). Rarely, you can experience excess tearing.

Follow-up

A routine follow-up appointment may be arranged to ensure the plug remains in place and symptoms are improving. Contact Mr Kumar's team if you experience persistent discomfort, redness, or excessive watering

Cost of the treatment

One Eye (including punctal plug)

Surgeon Fee	£500
Hospital Fee	Depends on location – contact Mr Kumar's team

Punctal plugs are an effective treatment for dry eyes and can reduce or stop the need for eye drops. They block tears from draining from the eye, keeping the eyes more lubricated and giving relief from dry eye symptoms. They are invisible and removable if need be.

If you are happy with the information provided above, please contact Mr Kumar's team to make an appointment:

Email: secretaryeyedoctor@gmail.com

Phone: 0118 911 3666