SEDGEWICK EYE ASSOCIATES, P.C. CONSENT FOR PUNCTAL PLUGS

You have been diagnosed with dry eye syndrome. Typical eye symptoms of this condition include burning, sandy feeling and paradoxically, watery eyes. In the vast majority of cases, dry eyes are caused by the body's failure to produce enough tears. Getting older is the most common cause of this reduced production of tears. Blocking the tear drainage system with punctal or intracanalicular (tear duct) plugs may improve symptoms by preserving tears on the eye. Severe cases of dry eye may lead to infection or even reduced vision. (Very rarely, dry eyes can lead to blindness or even loss of the eye. Dr. Sedgewick will let you know if this is the case for you.)

Alternatives to Punctal Plugs:

- 1. Artificial tears or ointment. Lubrication increases moisture on the surface of the eye. Depending on the severity of your dry eyes, these over-the-counter drops and ointments may need to be applied several to many times a day for the rest of your life.
- 2. Restasis. Used twice daily, this prescription eye drop increases production of the body's own tears. Restasis must be used for the rest of your life in order to help your dry eyes.
- Surgical tear drainage closure. The punctum and canaliculus may be closed surgically by thermal cautery (heat) or ligation (suture). These methods should be considered permanent.
- 4. No Treatment. I may choose to do nothing and tolerate the symptoms of my dry eye condition.

Risks of Punctal Plugs:

- 1. Infection. The punctal plug is a foreign material and may be associated with infection around the plug. Infections can be treated with antibiotics and/or removal of the plug.
- 2. Excessive tearing. In some cases, punctal plugs may preserve too many tears and an overflow of tears onto your cheeks may occur. Dr. Sedgewick may decide to remove the plugs in this situation. A specialist may be required to perform this procedure and it may involve surgery in an operating room. This is highly unlikely with the silicone plug that I use.
- 3. Irritation. The exposed end of the plug may pop out and cause irritation as it rubs on your cornea. Simply closing your eyes forcibly will usually resolve this.
- 4. Loss of the plug. The punctal plug may fall out and need to be replaced.
- 5. Movement of the plug in the tear duct may occur which may block both the upper and lower drainage canals. I haven't had this happen to me yet in 15 years. This may result in too many tears being preserved and tears may overflow onto your cheeks. Surgery may be necessary to re-establish tear drainage.

The type of punctal plug offered by Dr. Sedgewick is a silicone plug that partially sits on top of your eyelid and can pop out if you push on your eyelid in just the wrong spot. If, however, you decide to have the Punctal Plug removed, it is easily done with this plug. The silicone plug is not really noticeable to others.

Consent for treatment:

By signing below, I acknowledge that I have read and understand the above risks, complications and alternatives and that I have had the opportunity to discuss this information with Dr Sedgewick to my satisfaction. I consent to the insertion of punctal plugs in the

Ri	ght eye:	upper lower		Left eye:	upper lower	
X		Date:	X		Date:	
Patient or authorized signature				Witness		