



The insertion of a punctal plug improves ocular comfort and results in a modest reduction of IOP in patients with glaucoma who are using topical medication

The Science behind the Tip

Patients with ocular hypertension and chronic glaucoma have a higher prevalence of ocular surface disease (OSD) than matched individuals in the normal population¹. Duration of topical therapy, exposure to preservatives, increasing age and worse severity of glaucoma have been associated with severity of OSD². The use of punctal plugs is an important therapeutic consideration in these patients. A recent comprehensive review confirms that punctal plugs can improve markers of OSD³.

In patients on intraocular pressure-lowering eyedrops, the insertion of a punctal plug also results in a modest reduction of IOP⁴. Plugs prevent topically instilled drops from leaving the eye quickly, increasing the penetration into the eye and therefore improving the efficacy of the drug.

References

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- 4) Opitz DL, Tung S, Jang US, Park JJ. Silicone punctal plugs as an adjunctive therapy for open angle glaucoma and ocular hypertension. *Clin Exp Optom* 2011; 94:4381-442.