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 population\(^1\). Duration of topical therapy, exposure to preservatives, increasing age and worse severity of glaucoma have been associated with severity of OSD\(^2\). 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 OSD\(^3\).

In patients on intraocular pressure-lowering eyedrops, the insertion of a punctal plug also results in a modest reduction of IOP\(^4\). 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**


