



**Vista Eye Care**  
Punctal Plugs Consent Form

My doctor at Vista Eye Care has diagnosed me with dry eyes. Dry eye is a condition in which there are insufficient tears to lubricate and nourish the front of the eye. Tears are necessary for maintaining the health of the front surface of the eye and for providing clear vision. People with dry eyes either do not produce enough tears or they have tears of poor quality. With each blink of the eyelids, tears are spread across the front surface of the eye, known as the cornea. Tears provide lubrication, reduce the risk of eye infection, wash away foreign matter, and keep the surface of the eyes smooth and clear. This consent form is for punctal plugs which can allow the eyes to retain more tears.

**Alternative Treatments**

- **Artificial tears** – Mild cases of dry eyes can often be managed using over-the-counter artificial tears. These can be used as often as needed to supplement natural tear production, or increase the viscosity of existing tears, allowing them to stick to the front of the eye between blinks.
- **Increasing tear production** – *Restasis* is a prescription eye drop that can increase production of tears. Omega-3 fatty acids (found in fish oil) have also been shown to increase tear quality and production by reducing tear gland inflammation as well as improving tear quality.
- **Treatment of the contributing eyelid or ocular surface inflammation** – Prescription eye drops or ointments, warm compresses, lid massage, and eyelid cleaners may help decrease inflammation around the surface of the eyes.

**Risks**

- **Excessive tearing** – Punctal plugs may not allow the tears to drain sufficiently. In the event that this is the case, the plugs will likely be removed by your optometrist.
- **Irritation** – The plug insertion tip may cause irritation and the plug may need to be resized or removed.
- **Loss of plug** – The plug may fall out of the eye and require replacement. We cannot be held responsible for the replacement costs of the plug.
- **Retention of plug** – Plugs may become lodged in the tear drainage pathway or cause scarring. Surgery may be necessary to re-establish tear drainage.

**Consent for Treatment**

By Signing below, I acknowledge that I have read and understand the above and have had the opportunity to discuss this information with my doctor to my satisfaction. I consent to the insertion of punctal plugs located as follows:

**RIGHT:** LOWER UPPER    **LEFT:** LOWER UPPER

I am also aware that my symptoms may only be partially alleviated or not alleviated at all after insertion of the plugs as dry eye syndrome is caused by multiple factors.

\_\_\_\_\_  
Patient full name

\_\_\_\_\_  
Patient signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Practitioner full name

\_\_\_\_\_  
Practitioner signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness full name

\_\_\_\_\_  
Witness signature

\_\_\_\_\_  
Date