

CAUSE OF DRY EYES

General aging	Auto-immune diseases Such as: Sjogren's Syndrome, Diabetes, Rheumatoid Arthritis, Crohn's disease
Computer Vision Syndrome Heavy daily computer use	
Eye surgery Dry eye may result post surgically. e.g. lasik, cataract surgery.	Environment Smoke, dry weather, windy, heating, fans, dehumidifiers, and work conditions
Medications Antihistamine, decongestants, pain relievers, anti depressants, diuretics, and alcohol	Contact lenses Dry eye is the leading cause of contact lens discomfort
	Menopause Natural hormone shifts
Allergies	

COMMON SYMPTOMS

Eyelids stuck together upon awakening	Dry sensation
	Light sensitivity
Contact lens discomfort	Soreness
	Sticky lid sensation
Contact lens solution sensitivity	Lid infections/sties
	Tired eyes
Excess tearing (watery eyes)	Mucous discharge
	Stinging
Irritation from wind or smoke	Itching
	Burning
Scratchy, gritty feeling	Redness

Ask your doctor if punctal plugs would help with your dry eye symptoms

Doctor Appointment

Date

Time

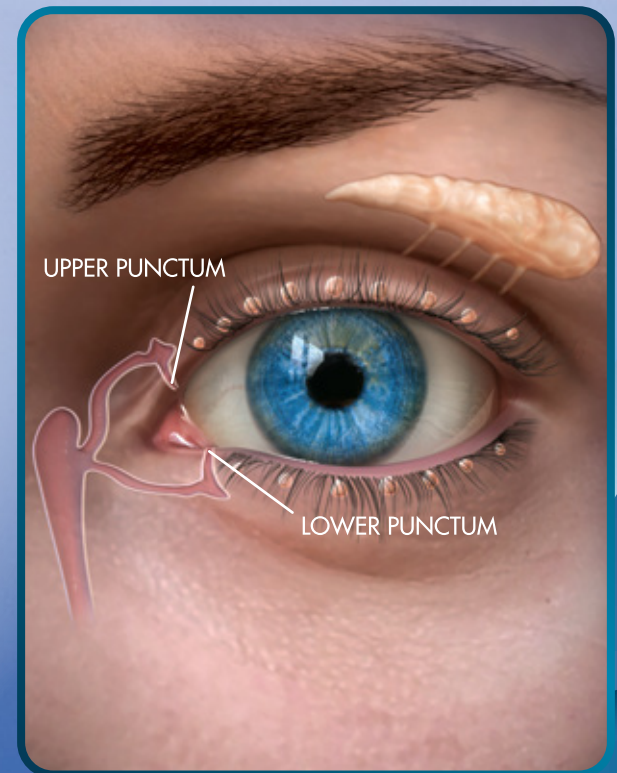


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"...therefore it is our conscious effort to make a difference." – OASIS® Medical Inc.

TIP: Plan a daily eyecare regimen with your doctor

Understanding Punctal Plugs for Dry Eye Relief

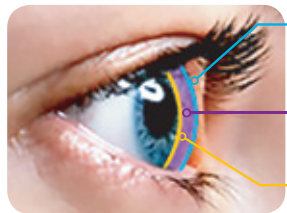


Questions?

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WHAT IS DRY EYE?



LIPID (OIL)
Prevents tear film evaporation

AQUEOUS (WATER)
Contains water & nutrients

MUCIN (MUCOUS)
Spreads tear film evenly over eye

Tears hydrate, protect, and prevent infection of the eye.

The human eye is lubricated by tears which are a combination of **water, oil, and mucous** produced by glands in the upper and lower eyelids.

A lack of any of these components results in a condition known as **Dry Eye Disease (DED)**.

— 2 Common Types of Dry Eye —

» **Evaporative** - Lack of lipids in tears and tear film

» **Aqueous** - Lack of water in tears and tear film

DIAGNOSTICS

Dry eye patients are unique in that their individual case could be related to any combination and number of direct and underlying causes. Helping your eye doctor to narrow down if your dry eye is evaporative or aqueous would be the first step.

If your eye doctor offers a dry eye survey, complete it. Your answers are 50% of the work to determine your diagnosis. Your eye doctor can then determine the tests they may want to run. Here are a few types:

Staining tests – lissamine green, rose bengal and fluorescein staining show where the mucin is no longer protecting the surface of your eye.

TBUT (Tear Break Up Time) know your TBUT.

This is the time between your last blink and the first spot on your eye to dry under what is called a slit lamp. This is usually performed with a drop of fluorescein dye to clearly identify the dry spot.

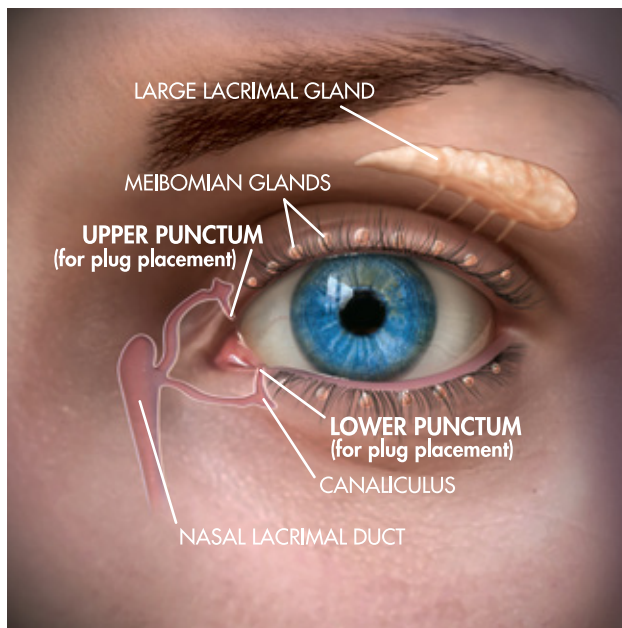
Paper strip and thread tests measure your tear wetting & tear volume.

Other testing – hand-held tear readers.

WHAT ARE PUNCTAL PLUGS?

Once your eye doctor understands what may be triggering your dry eye symptoms, he or she can consider any combination of treatments for effective relief based on your individual dry eye diagnosis. One treatment option could be punctal plugs. Punctal plugs are a dry eye treatment that can be used alone or in combination with a preservative-free lubricant drop. They are smaller than a grain of rice and are placed in the punctum. Tears drain from your eyes through what is called the punctum and the canal below it called the canaliculus. Punctal plugs comfortably seal the drain, or punctum. This allows your own tears to remain on your eyes for a longer period of time. It is a simple non-invasive procedure done in the eye care provider's practice.

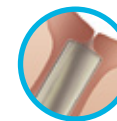
Here are a few punctal plug possibilities to consider asking your doctor about >>>



PUNCTAL PLUGS

Short Term

There are short-term punctal plugs that dissolve in up to 3-5 days.



SOFT PLUG®
COLLAGEN
PLUG

Medium Term

Medium term, or extended duration punctal plugs dissolve in up to 3 months, or up to 6 months.



SOFT PLUG®
EXTENDED
DURATION
PLUG



SOFT PLUG®
EXTENDED
DURATION
180 PLUG

These dissolvable plugs sit inside the canaliculus below the punctal opening and therefore are not visible. These are often called canalicular or intracanalicular plugs.

Long Term

If a patient prefers that their long-term plugs not be visible, then consider intracanalicular plugs made from hydrogel, a soft gelatinous material. These sit within the canaliculus clear from view.



FORM FIT®
HYDROGEL
INTRACANALICULAR
PLUG



SOFT PLUG®
SILICONE
PUNCTAL
PLUG

The traditional long term silicone punctal plug has a cap and anchor design. The silicone plugs have a slightly visible cap exposed over the punctal opening and an anchor that sits within the canaliculus to prevent, or reduce, the draining of tears.

Punctal plugs come in different sizes so it takes a few minutes for sizing and placement. The long-term silicone and hydrogel plugs are easily removed if necessary.