

# Instruments, Supplies, and Room Setup

## Essential Equipment

Item	Purpose/Specifications
Punctal dilator	Tapered probe used to gently enlarge the punctal opening prior to irrigation
Lacrimal cannula	23-27 gauge, blunt-tipped, 1-2mm diameter (45° or curved cannula)
3-5mL syringe	Provides controlled delivery of saline during irrigation
Sterile saline	Room temperature or slightly warmed
Topical anesthetic	Proparacaine 0.5% or tetracaine 0.5%
Tissue paper	For anesthetic application and saline fluid management
NaFl	For diagnostic testing (FDDT, ocular surface staining, tear lake analysis)
Alcohol Swabs	For cleaning/disinfecting puncta dilator
Gloves	For infection control and procedural hygiene

**⚠ Infection Control:** Use sterile technique, single-use instruments when possible, and proper hand hygiene.

## Room Configuration

- Reclined exam chair with head support at comfortable working height
- Bright overhead or slit lamp illumination
- Assistant positioned to retract lids and monitor patient (if needed)
- Tissues within patient reach
- Sterile field setup on clean procedure tray with all essentials (see below):

