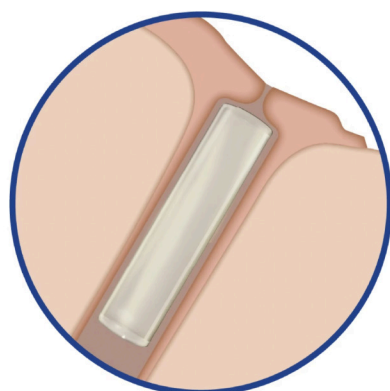


Types of Punctal Plugs: Comparison & Selection

Collagen

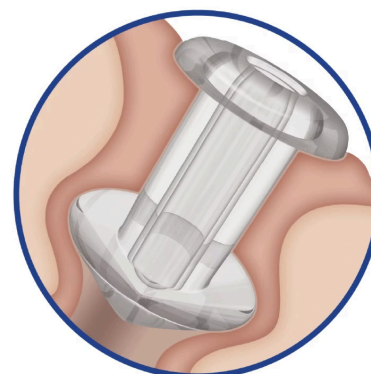


Material & Duration: Dissolves in 2–5 days

Best For: Trial period, no removal needed, low risk

Clinical Notes: New patients, post-surgical temporary relief, diagnostic trial

Silicone Punctal

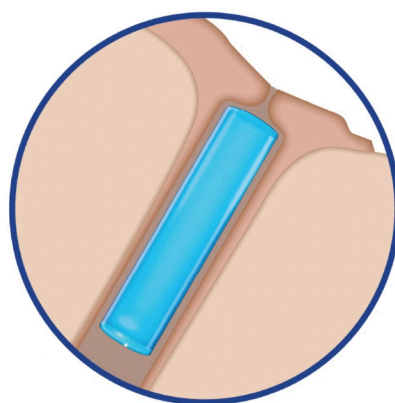


Material & Duration: Long-term, removable

Best For: Durable, cost-effective, easily visible on exam

Clinical Notes: Chronic aqueous deficiency, established dry eye, long-term management

Intracanalicular



Material & Duration: Silicone, sits inside canaliculus, 90 & 180 Dissolvable

Best For: Invisible, no foreign body sensation, lower extrusion rate

Clinical Notes: Cosmetically sensitive patients, athletes, those intolerant of punctal plugs

Hydrogel Expanding



Material & Duration: Expands with moisture

Best For: Conforms to anatomy, good retention

Clinical Notes: Variable punctal sizes, patients with prior extrusion issues

Most practitioners begin with **lower punctal occlusion bilaterally** using silicone plugs, reserving upper punctal plugs for severe cases or inadequate response. Intracanalicular designs offer superior comfort but require more skilled insertion techniques and instrumentation.