



If you experience one or any combination of the following symptoms, you may be suffering from Dry Eye.

This brochure can't diagnose Dry Eye for you. If you believe you have Dry Eye symptoms, it is important to see your ophthalmologist or optometrist.

If necessary, they will check your eyes using a variety of tests to determine whether or not you suffer from Dry Eye syndrome.

If your eye care professional recommends short-term or long-term punctal occlusion, ask them to please consider using FCI punctum plugs.

#### NOTES:

- The medical devices mentioned in this leaflet may not be registered in your country. Contact your local authorities to find out what is available to you.
- This is a non-exhaustive list of commonly reported Dry Eye symptoms and causes. If you are seeking specific medical advice, please contact your eye care professional.

#### SOURCES:

- Eye Physicians and Surgeons, PC, [Vision Problems], "Dry Eye Syndrome": [www.atlantaeyephysicians.com/dry\\_eye.php](http://www.atlantaeyephysicians.com/dry_eye.php)
- American Academy of Ophthalmology, [EyeWiki], Jordan Scott Masters, MD, June 21, 2020, "Dry Eye Syndrome": [www.eyewiki.aao.org/Dry\\_Eye\\_Syndrome](http://www.eyewiki.aao.org/Dry_Eye_Syndrome)

## WHO IS FCI?



FCI is one of the pioneer of silicone punctum plugs to treat Dry Eye syndrome.

Since the company inception in 1984, FCI has been dedicated to providing eye care professionals and patients, innovative solutions to treat effectively various eye conditions.

FCI has proudly launched its first punctum plugs back in 1986. Since then, the Painless Plug® and the Preloaded Punctum Plugs have become one of the most popular solutions used to treat Dry Eye. Please make sure to talk over your options with your eye care professional.



## DO YOUR EYES FEEL...

SORE?

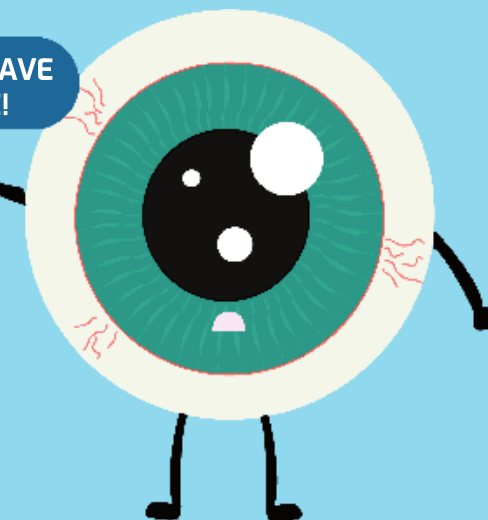
BURNING?

DRY?

SCRATCHY?

TIRED?

YOU MAY HAVE DRY EYE!



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**READ ME!**

## WHAT IS DRY EYE?

Dry eye is a condition caused by the production of low quantity or poor quality of tears resulting in eye irritation and vision problems.

Your eyes are delicately balanced eco-systems in which tears play a large and important role. Every time you blink, tears form a coating that protects and nourishes the eye's surface. When tear production is reduced, your eyes feel dry, scratchy and irritated.

Ironically, the tear producing glands sometimes react to the dry and scratchy feeling by watering. Unfortunately, these "reflex tears" do not relieve the dryness because they lack a natural component that is essential to lubricating the cornea properly.

## WHAT ARE THE SYMPTOMS?

- Eye stinging, scratching or burning
- Blurred vision, especially when you read
- Red or irritated eye, especially when there's wind or smoke
- Sensation of having more tears than usual
- Mucous secretions in the eye
- Sensitivity to bright lights

## WHY IS TREATMENT VITAL?

If left untreated, Dry Eye can lead to several eye issues such as conjunctivitis (also known as "pink eye") or corneal inflammation.

## WHAT CAUSES DRY EYE?

The most common causes of Dry Eye include:



### Contact lenses

In the long-term, wearing contact lenses increases the risk of tear evaporation which can lead to irritation, infection and pain.

### Environmental conditions

- Smoke
- Dust
- Wind
- Make-up
- Pollution
- Air-conditioning
- Sun exposure
- Activities that reduce blinking: computer use, reading...



### Aging & Hormonal changes

- Aging: As we grow older, our eyes produce fewer lubricating tears.
- Hormonal changes: Due to pregnancy, menopause or use of hormonal contraceptives, women are more likely to develop Dry Eye.

### Medications

Common medications such as decongestants, anti-depressants, beta-blockers, anti-allergy drugs, blood pressure medications, sleeping pills, and pain relievers can lead to decreased tear secretion. Frequent use of some specific eye drops or artificial tears can also aggravate Dry Eye conditions.



## FCI SOLUTIONS

Dry eye treatment varies according to symptoms, severity, underlying cause and more. One way to treat Dry Eye is for your eye care professional to close the tear ducts with tiny punctal plugs allowing tears to remain on the eye much longer. FCI offers a variety of permanent punctal plugs that can work alone or in conjunction with other treatments.

## YOUR PERFECT FIT



FCI punctal plugs are easily inserted and removed by your eye care professional and come in a variety of sizes and shapes allowing for a customized fit.

- PAINLESS PLUG® is a "one-size-fits-all" plug used by over a million patients worldwide.
- Quick, efficient and comfortable
- TRADITIONAL PLUGS fit well against the eyelid margin.
- FCI punctal plugs are intending to stay in place for several months. They can also be easily removed by your doctor at any given time.