

Instructions following Endonasal tear duct surgery (Endonanasal DCR)

After discharge from the Surgery Centre

You should have someone to accompany you home and be with you for the first night after surgery. You should not drive or operate any machinery or do anything that requires careful decision making as your vision will not be normal (especially if one eye is covered) and you will often have been given sedatives at the time of the surgery.

For any **pain**, take Paracetamol (e.g. Panadol) or Panadeine (Paracetamol and codeine). Avoid aspirin. You are unlikely to need anything stronger than this. If pain is excessive and not relieved by these painkillers, contact Dr McNab or Dr Briggs.

Some **bleeding from the nose** is normal in the first 24 hours. Do not blow your nose for the first 10 days, but dab it as necessary. A dressing may be applied under the nostrils (a bolster) to soak this up, and it can be removed the morning after surgery.

Your eye will often continue to water until the fine **tubing** in the tear duct that passes into the nose is removed, usually about 2-6 weeks after surgery. You will often be aware of this tube (visible as a fine clear plastic "string" across the inner corner of the eye) which can cause some minor discomfort and a foreign body sensation, especially when you look towards the opposite side. It will not however damage or harm the eye. The ends of the tube are inside the nasal cavity and may irritate the lining of the nose and cause some sneezing. If this occurs, try and suppress the sneeze, or sneeze with the mouth open.

Continued over page...

Eye and Nose Drops, Nose Sprays

Eye drops, if prescribed, are instilled into the eye itself 3 times a day. Nose drops may also be prescribed. Nasal sprays may also be prescribed, and instructions about their use will be provided. You may also be prescribed antibiotic tablets or capsules.

Discharge from the eye

A small amount of watering and discharge from the eye is common. It should be carefully cleaned off before applying any drops. It is often greatest after a night's sleep.

Bleeding from the nose in the first 10 days

Sometimes, the nose may bleed some days after surgery. If this happens, sit down or lie down sitting up and apply an ice pack to the side of the nose, compressing the nostril for at least 10 minutes. Repeat this if bleeding recurs. If it persists, contact Dr McNab, or Dr Briggs, or the Royal Victorian Eye and Ear Hospital (9929 8666) and ask for the Emergency Department.

Showering and hair washing after surgery

It is safe to shower and wash normally after surgery.

Activity after surgery

Light exercise (e.g. walking) is fine. You should avoid heavy lifting, straining or strenuous exercise for the first week. Reading, television or using a computer is fine, but if the eye feels sore, scratchy, or irritable, take regular breaks, and use simple lubricating drops (artificial tears) as often as needed to keep the eye comfortable.

Removing the tube

The fine tube in the tear duct is usually removed 2-6 weeks after surgery. This is done in the office by Dr McNab or Dr Briggs, and is similar to removing stitches. It is not painful. The tube is cut at the inner corner of the eye and the tube removed through the nostril.