Repair of blocked tear duct

This pamphlet will help you learn how to care for yourself safely after surgery.

The medical term for this operation is endoscopic dacryocystorhinostomy (DCR). The operation makes a new tear drain so tears can drain directly into your nose. A plastic tube may be put in during surgery. It will be taken out 6 weeks to 3 months later.

Before surgery

• Please read the pamphlet, Getting Ready for Eye Surgery.

• If you are taking ASA (Aspirin®), NSAIDs (Advil®, ibuprofen, Motrin®, etc.) or blood thinners (such as warfarin, Plavix®), let your surgeon’s office know before surgery. If needed, an appointment will be made for you at the Pre-Admission Clinic.

• Let your surgeon’s office know if you are taking any vitamins and/or herbal remedies (such as multi-vitamins, green tea, garlic, Chinese herbs, vitamin E, or gingko).
Surgery

• You may have a general anesthetic (be asleep) or have a local anesthetic with a sedative (be partly awake) during your surgery.

• The surgery will take about 1 ½ to 2 hours.

After surgery

• **Do not blow your nose** for 1 week after surgery.

• You may have some bleeding through your throat and/or nose. This is normal for the first 3 days.

• Your eye may still be “watery” while the tubes are in place and up to 8 weeks after surgery.

• Avoid straining and heavy lifting for 1 week.

• **Do not drink anything hot** for about 24 hours.

Discomfort

You may feel some discomfort and have some nasal stuffiness. This is normal. Take acetaminophen (Tylenol®) for pain, every 4-6 hours as needed.
Cold compresses
If you have swelling or discomfort around your nasal bridge and eyelids, cold compresses may help. Put a couple of face cloths in a large bowl filled with ice cubes and water. Squeeze out the extra water, then put cold compresses over the bridge of your nose. Change them every 20 minutes while you are awake.

Dressing
There will usually be no dressing on your eye. Occasionally, you may have an eye patch. You do not need a dressing at home.

Nose care
Use saline nose spray, 2 puffs, 2 times a day until the tubes are removed. Also, apply Vaseline® or Polysporin® ointment on your nostril and sniff it gently every night.
Follow-up
You will get a time to visit your surgeon.

Report these symptoms to your surgeon right away:

• Nosebleed that is getting worse or not settling after pinching your nose for at least 6-10 minutes without stopping and putting ice on the surgical site.
• Decreased vision (a hard time seeing).
• Increased redness, swelling, or pain.
• If the tube becomes dislodged (gets out of place).

If you are unable to contact your surgeon, call Locating at the Victoria General site at (902) 473-2222 and ask to have the otolaryngology resident on call paged, or go to the nearest Emergency Department.

If you have any questions, please ask.
We are here to help you.
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