



Instructions after Tear Duct Surgery (DCR)

- 1) You will be given a Visionary Eye Care post-op kit containing supplies you will be using after your surgery. Please note that you may not use everything in this kit.
- 2) After surgery, you will have a patch on the operated eye. When you arrive home, gently remove the patch. Use Eyestream irrigating solution and gauze from your post-op kit to clean the operated area, if needed.
- 3) Apply ice to the operated area for several hours; 15 minutes on, 15 minutes off. Freezer gel packs are a good source of cooling..
- 4) You will be taking an eye drop four times a day, and you will be applying antibiotic ointment to the skin incision twice a day.
- 5) Tylenol is safe to take. Avoid other pain relievers, as they may cause bleeding.
- 6) Avoid hot showers for one week, as heat can induce bleeding. Lukewarm showers are acceptable, but do your best to keep the incision clean and dry.
- 7) You have a packing in your nose. This packing will loosen and fall out within a few days. The packing is in place to reduce bleeding. It is best if you leave this packing undisturbed.
- 8) You have silicon tubes in your tear duct: be careful not to snag the tubes and pull them out. The tubes can be seen in the inside corner of the eye, between the upper and lower lids. You may also see the tubes in the nostril. If the tubes come out from the nostril, use a q-tip to tuck them back into the nose. Avoid blowing the nose.

Is it normal to have bleeding after surgery?

There will be some blood-tinged drainage from the eyes and some bright red blood from the nose for a day. This bleeding is not from the eye but comes from the inside of the nose.

When can normal activities resume?

Avoid stooping over, and avoid lifting more than 5 pounds. Light activity such as walking is acceptable right away, but please avoid heavy physical exertion for 1 week.

When will we know if the surgery worked?

The healing process after DCR takes several weeks. Dr. Hidaji will check for the function of your tear duct at your one month visit.

CALL THE OFFICE at 901-754-3937 if you have any questions or if:

The part of the tubes visible between the eyelids comes out.

There is thick yellow discharge from the operated eye

Bleeding persists for more than a day

Eyelids swell or become red

Fever higher than 101 degrees

Anything is getting worse - pain, discharge, eyelid swelling, vision