

After DCR
(Lacrimal
Duct)
Surgery

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- Dacryocystorhinostomy

About Dacryocystorhinostomy (DCR) Surgery

This is a guide to help you with your care at home.

Your surgery is called dacryocystorhinostomy. Dacryocystorhinostomy (DCR) is a type of surgery performed if you have a tear duct that has become blocked causing epiphora (watery eyes). The surgeon will create a new tear drain between your eyes and nose to increase tear drainage.

After DCR surgery

DCR surgery involves your nasal passages. **PLEASE DO NOT BLOW YOUR NOSE FOR AT LEAST THE FIRST WEEK AFTER SURGERY.** Blowing your nose or sneezing vigorously will result in the tube coming loose or displacing.

You may be given an antibiotic ointment, drops and pain medication. A mild nosebleed is normal, but if you blow your nose it will cause a severe nosebleed. If you experience a severe nosebleed, follow these instructions:

- Use decongestant spray several times into the nostril that is bleeding.
- Firmly pinch your nose just under the bony part of the nose.
- Do not lay down or tilt your head back.
- If your nose continues to severely bleed for more than 30 minutes (enough to soak a washcloth) present to your nearest emergency department to have your nose packed.

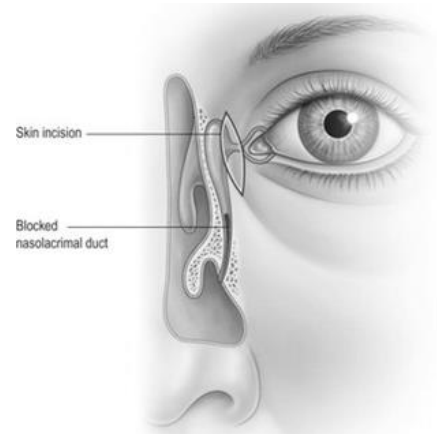
A small amount of blood at the area of the incision or bloody tears is normal. If the oozing blood or bloody tears persist or worsen, call your surgeon's office. It is normal to experience blood going down into your throat from your nose. This will subside after a week.

Aftercare

- At the incision site, use ointment on your stitches 4 times a day. If you have silicone splints in the nose, they will be removed by your surgeon 2-4 weeks after surgery.
- Starting on post-op day #1, use saline washes three times a day and as needed (if not excessively bleeding).
- Use the prescription nasal spray twice a day on the operated side.
- Use the prescription eye drops 4 times a day in the operated eye.
- If prescribed, take the antibiotic pills until they are all finished.
- You will have a silicone stent (eye tube) sticking out of the inside corner of your eye - do not pull on it. If you begin to experience irritation, over-the-counter artificial tears will help and the irritation usually improves after a few days. It should not interfere with your eye's normal function. The stent usually remains in place for 8-16 weeks. If the

stent dislodges and extends into the eye, you can tape the stent down to the side of your nose using a medical adhesive. Call our office immediately to have it repositioned.

- You can shower and wash around the incision area 24 hours after surgery. Avoid getting soap or water near the eye area.
- If you feel dryness or discomfort on the inside of the nose, apply a small amount of Vaseline gentle to the area.
- During the first three days you can apply a cold compress to the nose and corners of the eyes to reduce any significant swelling. Do this about six times a day for no longer than 15 minutes at a time until swelling subsides.
- While you sleep, keep your head propped up with 2-3 pillows if there is still some swelling. The stent may cause some nasal stuffiness or congestion. You may use a nasal strip from the pharmacy to help you sleep.



<https://entokey.com/surgery-of-the-lacrimal-system/>

Call your surgeon's office if you experience the following:

- A burning or itching from the ointment or drops
- Pain that persists or worsens
- Discharge that is greenish or yellowish in color or progressive redness around the incision

Activity

- Avoid heavy lifting for 7-10 days following your surgery.
- Avoid flying for 7-10 days following your surgery.

Follow up Appointment

You will be given a follow-up appointment to see your surgeon approximately two weeks after surgery. Your silicone tubing will be removed in office and you may resume normal activities once the tube is removed. If you have any problems or questions call (902) 678-4233. If your surgeon is unavailable, go to an Emergency Department.