

Lacrimal Surgery External Approach

Discharge Instructions

Discharge Instructions

General Information

“Dacryocystitis” is an infection of the lacrimal sac in your eye. A blockage or a narrowing of your nasolacrimal duct may cause this, through which your tears normally drain. A dacryocystorhinostomy (DCR) involves the removal of the blockage and may also include the placement of a tiny drainage tube to keep your drainage system open while you heal.

Post-Operative Care following Dacryocystorhinostomy (DCR)

Dressings

- You may have a heavy or light dressing over your eye.
- Your dressing is put on tightly to prevent swelling of the eyelids. You will feel some pressure from the dressing. **DO NOT LOOSEN IT!**
- Your doctor will tell you when to take off your dressing.



Dressing Removal

- **ALWAYS WASH YOUR HANDS BEFORE AND AFTER TOUCHING YOUR EYE.**
- When the dressing is taken off, your eyelids may be sticky from medication.
- Wash your hands; clean your eyelids with warm tap water and a clean cotton ball.
- There may be a tiny drainage tube (which looks like a clear thread) put in your tear duct in the corner of your eye. If this moves out of place, or slips out through your nose, do not try to remove it or cut it.
- If you have nasal packing, your doctor will tell you when it will be taken out.
- If you have stitches, they will be taken out by your doctor at a later appointment.

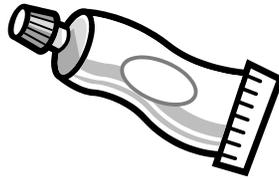
Cold Compresses

- After your dressing has been taken off, apply a cold compress four times a day (or as ordered by your doctor).
- To make a cold compress, place a clean face cloth in a bowl of ice cubes and water. Wring out the cloth and put it over your eye for 10 minutes.
- A cold compress will reduce your eyelid swelling and give you comfort.



Medications

- After your cold compress, apply the antibiotic ointment your doctor has ordered to your stitches.
- As your wound heals; a crust may form along it. This crust will fall off by itself. **DO NOT PICK AT OR TOUCH YOUR WOUND!**
- If you have any pain, take the pain medication ordered by your doctor. Do not take aspirin or medications that contain ASA, this can cause bleeding. Do not drink alcohol when taking pain medication.



Activities

- No strenuous activities for 1 week or as directed by your doctor.
- No bending or lifting anything over 10 pounds for 7 days.
- No swimming until your stitches are removed and the wound has healed.
- Sleep at night with extra pillows to raise your head. This will cut down swelling and help drainage.
- If you cough or sneeze, keep your mouth open to reduce the pressure.
- **DO NOT BLOW YOUR NOSE** for 48 hours!
- Do not apply makeup or lotions around the site.
- Ask your doctor when you may go back to work.



Appointments

- You should see your doctor in _____ days. Please call the office to make an appointment if this has not already been done.



Call your doctor immediately:

- If you have severe or sudden pain in your eye.
- If your nasal packing falls out of your nose.
- If you feel, or taste a continuous trickle of blood in the back of your throat.
- If you have a severe nose bleed that does not stop after 5 minutes of compression of your nose.
- If your tube comes out of the corner of your eye.
- If you have increased redness and/or swelling around your eye.
- If you have pus-like (yellow or green) drainage from your wound.
- If you develop a fever.

Giving yourself eye medications

1. Wash your hands well.
2. Sit down in a supportive chair with your drops beside you.
3. Check your drops to make sure you have the right eye drops for each eye. Check the bottle. Remove the bottle cap.
4. Tilt your head back and pull your lower lid down to the cheekbone. Your lower lid will be “cupped” and ready for the drops.
5. Try to avoid touching the tip of the bottle or tube on your eye or skin to prevent an infection in your medication.
6. Use your other hand to squeeze a drop into the eye. Release the lower lid and gently close your eye for a few seconds.
7. Gently blot excess drops with a clean cotton ball.



If more than one type of eye drop is ordered for the same eye, wait five minutes before using the second one. Always put drops in **BEFORE** any ointment.

For more copies, go online at <http://vch.eduhealth.ca> or email pchem@vch.ca and quote Catalogue **FH.600.L119**
© Vancouver Coastal Health, September 2016

The information in this document is intended solely for the person to whom it was given by the health care team.
www.vch.ca