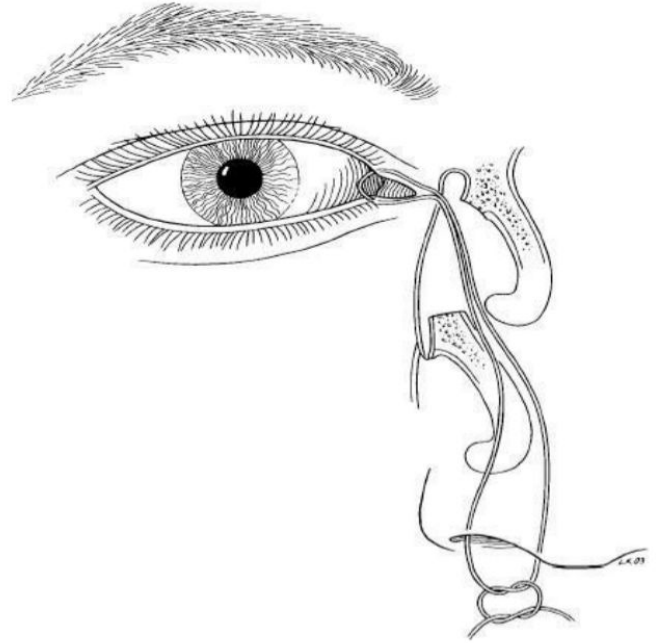


## Dacryocystorhinostomy (DCR) WITH STENT

DCR is a surgery performed to create a new tear drainage pathway between the eye and nose when the tear drain becomes obstructed.

### WHAT TO EXPECT AFTER SURGERY

- You may notice some slight oozing of blood along the incision, some bloody tears, or a mild nosebleed (a few drops). A small amount of oozing is normal.
- Sutures will be removed during your follow-up visit.
- Mild-moderate discomfort or pain after surgery is normal. It is ok to take Tylenol or prescribed pain medications.
- You will have a silicone stent (tube) that goes from the inside corner of the eye down into the nose. It is sutured to the inside of the nose. Only the part in the inside corner of the eye is visible (see figure to the right). This will stay in place for 3-6 months after surgery. It will not affect the eye or nose.
- Tearing after surgery while the stent is in place is normal. Once the stent is removed the tearing should resolve.



### POST-OPERATIVE INSTRUCTIONS

- **DO NOT BLOW YOUR NOSE** as this can cause a severe nosebleed. If a severe nosebleed occurs:
  - Pinch your nose firmly just under the bony bridge of the nose.
  - Call our office for evaluation and possible treatment.
  - If you feel significant itching, redness or discomfort after using the ointment, please call our office to change the prescription as you may be experiencing an allergic reaction.
- Avoid strenuous activity and heavy lifting for the first 2 weeks after surgery.
- Use ice packs over the incision to help decrease swelling, bruising, and discomfort. Apply for 20 minutes, and then rest for 20 minutes. Repeat the process during the day for the first 2 1/2 days after surgery.
- It is OK to shower starting 24 hours after surgery. Please do not allow water spray to come in direct contact with your face.
- Pat the area dry or allow it to air dry when done with the shower.
- You may resume your blood thinners, including aspirin, 7 days after surgery, unless otherwise instructed.
- **You are prescribed medications following surgery, please take all medications according to instruction.** (See below)
- Once healed, some patients may feel air in the inside corner of the eye when they sneeze. This is expected and means that the detour is open.
- Be careful not to snag the silicone stent or pull it out.
  - If the stent is pulled out of the tear duct, do NOT worry. Tape the stent to the forehead and call our

office to have it repositioned or removed the following weekday.

- If you have irritation from the stent, over-the counter artificial tear drops may help. The irritation generally improves after several days.
- You may see the stent in the nostril. If the stent comes out from the nostril, use a q-tip to tuck it back into the nose. Do NOT pull or remove the stent.

#### **WARNING SIGNS**

- Prolonged or severe bleeding from the incision or from your nose
- Severe pain
- Change in your vision
- Anything getting worse - pain, discharge, eyelid swelling, bleeding, vision

**\*Call our office if you have any of these signs: 919-443-2557\***

#### **PRESCRIPTION DIRECTIONS:**

- **Sodium Chloride Nasal Spray** - 1 spray into the operative side twice a day, starting the day after your surgery.
- **Maxitrol (Neomycin/Polymycin/Dexameth) Eye Drops** – put one drop into the operative side 3 times a day for 10 days then stop.
- **Fluticasone (Flonase Allergy) Nasal Spray**- Start 1 week after surgery, take 1 nasal spray once a day for 30 days.

PAIN MEDICINE WILL BE GIVEN TO YOU BY A DOCTOR AT THE DAY OF YOUR SURGERY.