Repair of Blocked Tear Duct
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This pamphlet will help you learn how to care for yourself safely after surgery.

The medical name for the surgery to repair a blocked tear duct is dacryocystorhinostomy (DCR). The surgery makes a new path 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 12 months later, depending on your eye surgeon.

Before Surgery

- Please read the pamphlet *Getting Ready for Eye Surgery.*
• Please call your eye surgeon’s office before surgery if you are taking:
  › Any type of blood thinners, such as ASA (Aspirin®), warfarin, ibuprofen (Advil®), etc.
  › Any type of vitamins and/or herbal supplements, such as multivitamins, green tea, garlic, Chinese herbs, vitamin E, or gingko.

• We will make an appointment for you at the Pre-Admission Clinic, if needed.

**During surgery**

• The surgery may be done under:
  › Local anesthetic with sedation (you will be awake during surgery). You will be given medications to help you relax.
  OR
  › General anesthetic (you will be asleep during surgery).

Your eye surgeon will talk with you about these choices.

• The surgery will take about 1 hour.
After surgery

• You may have some bleeding in your throat and/or from your nose. This is normal for the first 3 days. **Do not blow your nose**, as told by your eye surgeon.

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

• Avoid straining and heavy lifting for 1 week.

• Do not drink anything hot for about 1 day (24 hours).

Cold compresses

Place cold compresses over the bridge of your nose for 2 days (48 hours). Place clean facecloths in a large bowl filled with ice cubes and water. Place the cold facecloth over your nose for 20 minutes. After 20 minutes, switch to a new cold facecloth from the bowl. Repeat cold compresses every 20 minutes while you are awake.
Discomfort
You may feel some discomfort when the freezing wears off. This is normal. You may wish to take pain medication before the freezing wears off. Take acetaminophen (Tylenol®) for pain.

Dressing
You may have an eye patch. There may be a dressing under your eye or nose. You can change the dressing as needed and remove it the morning after surgery. You do not need a dressing at home.

Stitches
You may have stitches on the side of your nose. They will dissolve (go away on their own) and do not need to be removed. You will be given a prescription for ointment to put on the stitches. We may also give you a prescription for eye drops.

Followup
You will be given a time to visit your eye surgeon.
Call your eye surgeon right away if you have:

› a nosebleed that gets worse or does not stop after pinching your nose for 6-10 minutes (with no breaks) and placing ice on the surgical site
› vision that gets worse
› increased redness, swelling, or pain
› concerns that the tube has moved out of place (do not pull the tube further – you can tape it to the side of your nose to avoid irritation)

If you are not able to contact your eye surgeon, call 902-473-2222. Ask to have the ophthalmology resident on call paged, OR go to the nearest Emergency Department.
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