

Repair of a Blocked Tear Duct

Aussi disponible en français : *Intervention pour
débloquer les canaux lacrymaux* (FF85-2097)



www.nshealth.ca

Repair of a Blocked Tear Duct

- This pamphlet will help you learn how to care for yourself safely after surgery.
- This surgery is called a dacryocystorhinostomy (DCR). It is needed when the tear duct is blocked and tears cannot drain.
- During the surgery, your surgeon will make a new tear path so that your tears can drain into your nose.
- They may put a thin, plastic tube on the inside of your eyelids to the inside of your nose. This will keep the tear channels open. Your surgeon will take the tube out in 6 weeks to 12 months.
- There are 2 ways to repair a blocked tear duct. The type of surgery you will have will depend on your condition. Your eye surgeon will decide which type is best for you.
 - › Endonasal or endoscopic (up the nose)
 - › External (an incision [cut] is made on the outside of the nose)

Before surgery

- Ask your surgeon's office for a copy of *Getting Ready for Eye Surgery*:
 - › www.nshealth.ca/sites/nshealth.ca/files/patientinformation/0134.pdf
- **Before your surgery, tell your eye surgeon's office if you are taking:**
 - › ASA (Aspirin®)
 - › NSAIDs (like ibuprofen, Advil®, Motrin®)
 - › Blood thinners (like warfarin or Plavix®)
 - › Vitamins and/or herbal products (like vitamin E, multivitamins, green tea, garlic, Chinese herbs, ginkgo)
 - › Blood pressure medication

Some of these medications may thin your blood and raise your risk of bleeding during and after surgery.

- An appointment will be made for you at the Pre-admission Clinic, if needed.

Surgery

- You will be given an anesthetic (medication to lower or prevent pain) before your surgery.
- You may have:
 - › **Local anesthetic** (freezing) with sedation (medication to help you relax and fall asleep)

or

- › **General anesthetic** (medication to put you to sleep during surgery)
- Your eye surgeon will talk to you about which anesthetic you will need before the day of your surgery.
- The surgery will take about 1 hour.

After surgery

- **Do not:**
 - › **blow your nose for 3 days after your surgery.**
 - › **drink anything hot for 24 hours (1 day) after your surgery.**
 - › **strain or lift anything over 5 pounds (including children) for 7 days (1 week) after your surgery.**
- You may have some bleeding in your throat and/or nose. This is normal for the first 3 days after your surgery.
- Your eyes may water or tear up a lot while the tubes are in place. This may last for up to 8 weeks (2 months) after surgery.

Pain

- You may have some pain when the freezing wears off. This is common.
- Taking pain medication before the freezing wears off can help to stop your pain from getting bad later.
- **Do not** take ASA (Aspirin®) or ibuprofen (Advil®) for the first 48 hours (2 days) after your surgery.
- You can take acetaminophen (Tylenol®) for pain, as needed. Take it as described on the package.

Cold compress

- If you have swelling or discomfort around your nasal bridge (the bridge of your nose) and eyelids, cold compresses may help.
- Place a cold compress on the bridge of your nose for the first **72 hours (3 days)** after surgery.

To make a cold compress:

1. Fill a large bowl with ice cubes and cold water.
2. Place some clean facecloths in the bowl.
3. Remove one cloth from the bowl and squeeze out any extra water. Fold the facecloth and place it over the bridge of your nose for **20 minutes**. Then replace it with a new facecloth from the bowl.
4. Do this **once every hour that you are awake**.

Dressing

- There may be a dressing under your eye or nose. You can change the dressing as needed. You can remove it the morning after your surgery.
- You may have a dressing or an eye patch placed over your eye.
- You will **not** need to have a dressing at home.

After care

- You may have stitches on the side of your nose. They will dissolve (go away on their own). They **do not** need to be removed. You will get a prescription for ointment to put on your stitches.
- You may also get a prescription for eye drops.

Follow-up

You will have a follow-up appointment with your surgeon. If you do not get an appointment time (by phone or mail), call your eye surgeon's office.

Call your eye surgeon right away if you have any of these symptoms:

- › A nosebleed that gets worse or does not stop after pinching your nose for at least 5 to 10 minutes (without stopping) and putting ice on the surgical site
- › Trouble seeing
- › If you have an incision on the outside of your nose and you have more redness, swelling, or pain
- › If you do not have an incision on the outside of your nose and you have more bleeding from inside your nose
- › The tube moves out of place.

Do not pull the tube or move it more. If it is not comfortable, you can tape it to the side of your nose to hold it in place.

My eye surgeon: _____

Phone: _____

**If you cannot reach your eye surgeon:
Call Locating at the Victoria
General site and ask to have the
ophthalmology resident on call paged:**

› Phone: 902-473-2222

or

› **Go to the nearest Emergency
Department.**

Notes:

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

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Prepared by: Eye Care Centre

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.