



Patient & Family Guide

2023

Endoscopic Repair of a Blocked Tear Duct



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Endoscopic Repair of a Blocked Tear Duct

- This surgery is called endoscopic dacryocystorhinostomy (DCR). It is needed when your tear duct is blocked and tears cannot drain.
- During the surgery, your surgeon will place a telescope up your nose. They will use it to make a new tear path so your tears can drain again.
- They may put in a thin, plastic tube to keep the tear path open. Your surgeon will take the tube out in 6 to 8 weeks (1 ½ to 3 months). An appointment will be made for you.

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 pressure medication
 - › Blood thinners (like warfarin or Plavix®)
 - › Vitamins and/or herbal products (like vitamin E, multivitamins, green tea, garlic, Chinese herbs, ginkgo)

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 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 with you about which anesthetic you will need before the day of your surgery.
- The surgery will take about 45 minutes for one side or 1 ½ hours for both sides.
- Sometimes, the surgeon may need to open the passages from the outside of your nose with an incision (cut). The rest of the surgery will be the same. Your surgeon will talk about this with you before the day of your surgery.

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 or your nose for 3 days after your surgery. This is common.
- Your eyes may water or tear up a lot while the tubes are in place, and for up to 8 weeks (2 months) after your surgery.

Pain

- After surgery, you may have pain and a stuffy nose, or have trouble breathing through your nose. This is common.
- Sleeping sitting up or with extra pillows may help to lower stuffiness. Taking pain medication before the freezing wears off and in the days after your surgery can help stop your pain from getting bad later.
- Ask your surgeon if you can take acetaminophen (Tylenol®) for pain. If so, follow the directions on the package.
- **Do not use any NSAIDs (like ibuprofen, Advil®, Motrin®). They may cause bleeding.**

Cold compress

- If you have swelling or discomfort around the bridge of your nose or your eyelids, a cold compress 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 the 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 while you are awake for the first 2 days (48 hours)**.

Dressing

- You will have a dressing under your 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 over your eye.

After care

- After your dressing is removed, you can use Otrivin[®] saline (salt water) nose spray. Use 2 puffs, 2 times a day, for 2 days, and then stop.
- Your eye surgeon will prescribe eye drops. Use the drops once a day for 1 month (30 days), or as prescribed.

Follow-up

- You will have a follow-up appointment with your eye surgeon 1 week after your surgery to make sure you are healing well. If you do not have a follow-up appointment booked, call your eye surgeon's office.

Call your 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
- › More redness, swelling, or pain in or around your eye
- › 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.

If you cannot reach your 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.**

My eye surgeon:

Phone: _____

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

Adapted by: Otolaryngology Service, QEII

Designed by: Nova Scotia Health Library Services

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