



Patient & Family Guide  
2019

# Repair of Blocked Tear Duct

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



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# Repair of Blocked Tear Duct

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 ginkgo.
- 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.**

