



Patient & Family Guide
2021

Endoscopic Repair of Blocked Tear Duct



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Repair of blocked tear duct

- The medical term for this procedure is endoscopic dacryocystorhinostomy (DCR). This procedure is needed when the tear duct is blocked and tears cannot drain.
- During the procedure your surgeon will use a telescope to go up your nose and make a new tear pathway so that tears can drain normally again. A thin plastic tube may be put in during surgery to keep the tear channels open. This tube will be removed by your surgeon in 6 to 8 weeks (1½ to 3 months). An appointment will be made for you.

Before surgery

- Please read the pamphlet, *Getting Ready for Eye Surgery*. Ask your surgeon's office for a copy of this pamphlet or view it online:
 - › <http://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/0134.pdf>
- Before surgery, let your surgeon's office know if you are taking any of the following:
 - › ASA (Aspirin®)
 - › NSAIDs (Advil®, ibuprofen, Motrin®, etc.)

- › Blood thinners (such as warfarin or Plavix®)
- › Vitamins and/or herbal remedies
- › Multi-vitamins
- › Green tea, garlic
- › Chinese herbs
- › Vitamin E
- › Gingko
- If needed, an appointment will be made for you at the Pre-Admission Clinic.

Surgery

- You will have a general anesthetic (be asleep) or have a local anesthetic with a sedative (be partly awake) during your surgery. Your surgeon will talk with you about this before the day of your surgery.
- The surgery will take about 45 minutes for one side or 1½ hours for both.
- Sometimes the surgeon may need to open the passages from the outside of the nose, leaving an incision (cut). The surgery is otherwise 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 surgery.**
- **Do not drink anything hot for 1 day (24 hours) after surgery.**
- You may have some bleeding through your throat and/or nose. This is normal for the first 3 days.
- Your eye may still be watery or tear up a lot while the tubes are in place and up to 8 weeks (2 months) after surgery.
- Avoid straining and or lifting anything over 5 pounds for 1 week (including lifting children) after the surgery.

Discomfort

- After surgery, you may feel some discomfort and nasal stuffiness or have trouble breathing through your nose. This is normal.
- Sleeping sitting up or with extra pillows may lower the stuffiness. You may wish to take pain medication before your freezing wears off and in the days after your surgery.
- Check with your surgeon if you can take acetaminophen (Tylenol®) for pain, as described on the packaging.

- **Do not use any NSAIDs (ibuprofen, Advil®, Motrin®, etc.) as these may cause bleeding.**

Cold compresses

- If you have swelling or discomfort around your nasal bridge (bridge of your nose) and eyelids, cold compresses may help.
- To make a cold compress, place a clean face cloth in a large bowl filled with ice cubes and cold water. Remove the cloth from the bowl and squeeze out any extra water. Fold and place the cold face cloth over the bridge of your nose. Replace the face cloth every 20 minutes while you are awake for the first 2 days (48 hours).

Dressing

- Your surgeon will apply a dressing under your nose after surgery. You can change the dressing as needed and remove it the morning after surgery. Sometimes, dressing or an eye patch is placed over the eye.

After care

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

Report these symptoms to your surgeon right away:

- › Nosebleed that gets worse or does not settle after pinching your nose for at least 5 to 10 minutes without stopping and putting ice on the surgical site.
- › Trouble seeing.
- › Increased redness, swelling, or pain.
- › The tube moves out of place. Do not pull the tube further — you can tape it to the side of your nose if uncomfortable.

If you are not able to contact your surgeon, call Locating at the Victoria General site at 902-473-2222 and ask to have the ophthalmology resident on-call paged, or go to the nearest Emergency Department.

Follow-up

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

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 Authority 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: NSHA Library Services

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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.

