

## **DCR Post Surgery instructions**

### **What happens afterwards?**

Immediately after the operation there may be a little discomfort, some spots of blood from the nose and some facial bruising at the site of the operation (this would be expected to resolve within 2 – 4 weeks). Usually you can go home the day after surgery.

### **After care**

In order to prevent infection, you will be prescribed eye drops and possibly antibiotic tablets to take for 5 days. A nasal steroid spray is to be used twice a day.

The first appointment will be 6 – 8 weeks after surgery to remove the tubes in the rooms. A final check is usually made six months after surgery when you will be discharged from our care if all is well.

### **Is there anything that I should avoid after the operation?**

- During the first week after surgery you may get a little bleeding from your nose. In order to minimise this, you are advised to sit up rather than lie down and to sleep with extra pillows at night. You must not blow or pick your nose for one week after your operation. After that you are encouraged to blow your nose to clear the blood clots. If you need to sneeze, you are advised to do this with your mouth open.
- Avoid taking aspirin for at least ten days after surgery.
- For discomfort use a painkiller that you would normally take for a headache.
- Also avoid exercise especially swimming for two weeks after surgery.
- Air travel is not advisable for at least seven days after surgery.
- Do not wear make up for two weeks after surgery.
- Avoid homeopathic medicines that promote fast healing.