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After tear duct surgery (DCR)

Home instructions — keep this sheet where you can find it

The stent

- Leave it alone. Do not rub the eye, and never pull, cut or push the tubing.
- Seeing a small loop at the inner corner of the eye is normal.
- Sleep on your back or the opposite side for the first week.
- It is removed in the rooms at about 6 weeks — quick, and not painful.
- If it hangs forward or falls out: do not pull it. Keep it, and phone the rooms.

First two weeks

DO

- Sleep propped up for 3–4 nights
- Ice pack on the cheek and corner of the eye, first 48 hours
- Sniff back gently or dab the nose
- Sneeze with your mouth open
- Saline nasal spray or gentle rinse, from day 1–2, for 4 weeks
- Eye drops exactly as prescribed

DON'T

- No nose blowing for 14 days
- No lifting over 5 kg, no straining, no bending over
- No hot baths, saunas or alcohol for a week
- No smoking
- No swimming until the stent is out
- No aspirin (Disprin, Grandpa, Ecotrin)

Pain relief

Paracetamol	1 g every 6 hours (max 4 g a day) for 3–4 days. Take it by the clock.
Ibuprofen	400 mg every 8 hours with food for 3–5 days, together with the paracetamol. Skip if you have an ulcer, kidney problems, or asthma set off by anti-inflammatories.
Antibiotics	Not routine. Only if specifically prescribed.

What to expect

Days 1–5	Blood-stained discharge from nose and eye, bruising around the eye, blocked nose.
Weeks 1–2	Crusting settles. Desk work at 5–7 days, driving after 48 hours.
Weeks 2–3	Back to gym and normal exercise.
6 weeks	Stent removed in the rooms.
3 months	Review. This is when the result is judged.
The watering	May be no better, or briefly worse, for the first few weeks. This is normal. Do not judge it early.

Phone us

- Any change in vision, double vision, or a tense swollen eye — go to the nearest emergency unit immediately
- Heavy bright red bleeding that will not stop after 15 minutes of pinching the soft part of the nose
- Increasing pain, redness or swelling around the eye after day 3, or fever over 38 °C
- Clear watery drip from the nose that is worse when you lean forward
- The stent hangs forward or falls out

If anything worries you, phone. It is always better to ask than to wait.

Rooms 021 975 0840/1 — redirected to Dr Vermaak after hours.