

## PATIENT INFORMATION

# Dacryocystorhinostomy Post Operative Patient Information Sheet

If you go home with a dressing, this can be removed the following day (please see eyelid care leaflet for cleaning instructions).

The area around the nose and eye may be bruised. This is normal and you may use cold ice packs over the area to help ease the bruising (please see eyelid care leaflet for cleaning instructions).

You may experience double vision after the surgery or blurred vision. This is the result of the anaesthetic injections and ointment used after surgery. This should improve within 24 hours.

If you experience any aches or pains, it is ok to take pain killers such as paracetamol. Please do not take any inflammatory painkillers such as Ibuprofen as this can cause bleeding.

### **Nose bleeds**

It is normal to have some bleeding from your nose after surgery; it will be mild and usually stops on its own after 24 hrs. You may use cold ice packs over your nose and back of your neck to help stop the bleeding.

Should you have a very heavy nosebleed that will not stop- Please go immediately to your closest A and E department as a pack may need to be placed up your nose.

### **Post op rules**

1. Please do not eat or drink hot food or drinks in the immediate 24 hours after surgery. Hot drinks can increase the amount of oozing that you may experience.
2. Please do not blow your nose for 2 weeks after the surgery as this could introduce air and air borne germs into the wound.
3. Try to sleep as upright as possible for the first 24 hrs after the surgery as this will help reduce the swelling.

4. You may see a clear silicone tube up your nostril. Please do not pull on this. This will be removed by your doctor in your postoperative appointment.
5. Please do not rub your eye as this can cause the silicone tube to move. If you experience a foreign body sensation in your eye, you may use artificial tears drops for comfort.
6. You will be given a course of drops to use for a month after surgery. Please complete this course.

**If you experience any problems please phone the eye clinic between 8.30 and 5pm Monday to Friday on 01803 655123**  
**Or if urgent out of ours phone Forest Ward on 01803 655507**

---

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.