



MALENA M. AMATO MD FACS  
EYELID & FACIAL PLASTIC SURGERY ASSOCIATES

## **Post Operative Instructions for Patients**

### **External or Endoscopic Dacryocystorhinostomy**

#### **Malena Amato, M.D.**

Tear duct surgery can be performed either via an external skin excision or through the nose internally (endoscopic). In both procedures, bone and soft tissue are removed to create a new passageway between the tear duct and the nose. A silicone tube, visible at the inner corner of your eyelids, has been inserted to prevent closure of the passage during the early healing period. You may expect a small amount of bleeding from your nose, and you may feel some fluid dripping into the back of your throat for the first two days following the surgery. Also, you may experience double vision during the first 6-8 hours following surgery and your vision may stay blurry for the first 2 weeks. The following instructions will minimize the possibility of postoperative complications and hasten your recovery.

1. Keep your head elevated for the first two or three days after surgery. When sleeping, use at least two pillows. This allows fluids to drain properly.
2. Keep an ice pack (or a zip-lock bag of frozen peas) over the operated eye and side of the nose as much as possible for the first two days following surgery. This minimizes swelling and decrease bleeding.
3. Avoid heavy lifting, bending, or stressful activities that raise the blood pressure in your head. Consider taking a stool softener during the first postoperative week if needed.
4. Avoid blowing your nose for one week.
5. Avoid rubbing your eye or disturbing the silicone tube. Occasionally, the rubber tube comes partially out of the tear duct. In the event that the tube begins to come out, please phone the office immediately. It is beneficial to prevent the tube from coming out further. If it is pulled out

significantly, you can tape it to the bridge of your nose until you arrive for examination.

6. Wound Care: To keep the wound inside your nose clean, follow these Instructions once each day:
  - A. Mix 1 teaspoon salt in 8 ounce warm tap water.
  - B. Using a bulb syringe, irrigate the operated side of the nose.
  - C. Nasal medication can be administered after the irrigation, but irrigation should not be performed until several hours after nasal medications or eye drops have been given.
7. Medications eye drops: You have been given a prescription for an antibiotic/steroid eye drop or ointment to prevent infection and scar formation. It is important to take one eye drop in the operated eye three times a day, as directed. Your medications will be reviewed with you again at your one –week visit.

You have been given an appointment for postoperative examination in one week. If, however you experience severe pain, bleeding, or signs of infection (redness, swelling, discharge) please phone the office at 512-501-1010 for an earlier appointment. You may call (650)-465-0438 in case of an after hours emergency.

**For questions, call the Office at (512)-501-1010**  
**For emergencies, call Dr. Amato's mobile: (650)-465-0438**