



If you need this information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer-care@salisbury.nhs.uk.

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Advice after Dacryocystorhinostomy - Surgery for watery eyes (page 1 of 2)

Remember - It is important that you are able to put in the eye drops as prescribed, or that you have someone who can do this for you.

Always wash your hands before and after cleaning your eye or putting in your drops.

If your eye is sticky, bathe it using some dampened cotton wool dipped into cool boiled water, wiping from the outside edge inwards.

When applying the eye drops tilt your head back slightly and gently ease down the lower eyelid and look upwards. Squeeze the dropper bottle gently and allow a drop to fall into the lower eyelid. Try not to let the bottle touch the eyelid.

- **never stop using your drops** unless instructed by your doctor. If you suffer from any pain or discomfort around the eye you can take paracetamol. Please follow the instructions on the packet
- **it is very important that you do not blow your nose for one week following surgery**, as this may cause bleeding. If your nose is running, gently wipe it with a tissue. If a nostril is blocked try using a steam inhalation
- sometimes blood drips into the back of your throat at the time of your operation; so any mucus coughed up immediately after the operation may be blood-stained. Do not worry if you notice this, it will soon settle
- if you have a nosebleed, sit upright and apply ice cubes wrapped in a T-towel (or frozen peas or something similar) to the bridge of your nose. If the bleeding has not stopped after half an hour, please call your GP
- be sensible with your physical activity for the first two weeks. Try not to bend over too often, strain or lift heavy items
- you may have had a small tube inserted into the new drainage channels to keep the hole open. This tube may be visible in the corner of your eye and felt in your nose. Do not pull on this tube or attempt to remove it. The doctor will remove the tube after about 6 weeks, when you attend the Eye Clinic
- any stitches on the side of your nose will need to be removed after about a week, and may leave a small scar which will fade over time. We will give you an appointment to attend the Eye Clinic for this.

Day Surgery Unit
☎ 01722 336262 ext 4554

Further advice

If you need further advice please contact:

Eye Clinic on 01722 336262 ext 5366/5377 (between 9am and 5pm)

Day Surgery Unit on ext 4554

Or your GP after 7pm