

**Terrace Eye Centre**  
*Ophthalmic Physicians and Surgeons*  
**2nd Floor, 87 Wickham Terrace**  
**BRISBANE QLD 4000**

**Phone: 07 3831 0101      Fax: 07 3831 3203**

**Patient Instructions: Tear Duct Surgery**  
**Dr. Sonia Yuen**

**Precautions**

- Do not blow your nose for 2 weeks following your surgery.
- No hot drinks or hot food for 24 hours after your surgery
- No strenuous activity or exercise until you have seen your doctor.
- Sleep sitting up with 3 pillows for the first 3 days after surgery to reduce swelling.

**Eye Medications**

- You have been prescribed 2 different eye drops  
Chloromycetin & FML  
1 drop each 4 times a day for 1 week
- Do not get up at night to put in the drops or ointment.
- Use 1 drop from each bottle, leaving at least 2 minutes in between the drops.
- The order of the drops is not important, but read the label to ensure that you have the correct eye drop.
- Discontinue any previous eye medications to the operated eye, unless otherwise instructed.
- Keep the eye drop bottles in a cool place or in the refrigerator.
- Shake the bottles well before use.
- Wash your hands with soap and water before handling any eye drops or touching the eye.
- Do not allow the tip of the bottle to touch your eye, eyelashes, or hands.

If you are using drops and ointment at the same time, use the drops first then the ointment.

If using eye ointment, place the ointment onto a cotton bud, and then gently smear the ointment onto the eyelid from the cotton bud.

How to apply the eye drops:

Look up and gently pull down the lower lid with your finger.

Then gently squeeze the bottle and instill one drop.

Remove your finger and gently close the eye.

Wait at least 2 minutes before the next drop.

- Take your eye medications with you each time you see the doctor.

**Eye Pad**

- Leave the eye pad on overnight and remove it the following day, unless instructed otherwise by Dr. Yuen. You may wash your face and take a shower after the eye pad has been removed.

**What to Expect**

- Some slightly bloody discharge for 2-4 days following surgery may occur.
- It is normal for your eye to be mildly red and have some discharge.
- The eye may be gritty and watery.

**Physical Activity**

- No strenuous activity (gardening, lifting heavy objects) for 1 week.
- No restrictions on reading, watching TV, walking, shopping, showering, etc.
- Bending over is okay as long as you don't lift heavy objects.
- No swimming for 3 weeks following surgery.

**Contact Doctor Yuen immediately if**

- Severe pain.
- Excessive discharge, bleeding, or swelling from the operated area.

**Contact Numbers**

- **Surgery (M-F 9am-5pm): 3831 0101**

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**PRACTICING IN ASSOCIATION**

**DR ALBERT ARALAR** MB BS FRANZCO  
**DR GUY D'MELLOW** MB BS(Hons) FRANZCO FRACS  
**DR WILLIAM GLASSON** MB BS FRANZCO FRACS FRCOphth  
**DR SONIA YUEN** MD PhD FRANZCO

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