

**POST OPERATIVE INSTRUCTIONS – DACRYOCYSTHORINOSTOMY (DCR)  
PROF TIM SULLIVAN**

**Patient label**

**DRESSING:**

Please remove dressing: .....

Once the dressing has been taken down, clean the wound gently with a face cloth or gauze, use warm water.

**Ointment:**

Please apply the supplied Chlorsig ointment to you wound twice daily until review. Continue this for 3-4 days post suture removal unless otherwise instructed at your post operative appointment

**NB:** You only need to use a small amount of this ointment each application, this can be done by using a cotton tip.

**Eye drops:**

As Directed below:

1. ....
2. ....

**Ice packs:** 10 minutes on / 20 minutes off for the first 72hours post surgery

A small, clear silicone stent will be positioned in the inner corner of your eye/eyelids like a loop from the upper to the lower eyelid. This will remain in place for approximately **3-4 weeks** and will keep the new tear passage open until things heal. The stents will be removed at your second post operative appointment in the clinic at that time. It is **NORMAL** for the eye to continue watering as much as it was pre-operatively while the stent is in place although you may notice a slight improvement despite the stent.

**DO NOT:**

- **DO NOT BLOW YOUR NOSE FOR AT LEAST 7 DAYS POST SURGERY**
- Operate or drive any machinery for 48 hours post surgery
- Drive or operate machinery if your vision is anyway impaired
- Immerse you face/head in water for – ie head back for showering
- No swimming for at least 2 weeks post surgery
- No make-up until after 1<sup>st</sup> post operative appointment
- No strenuous exercise/gym/yoga/pilates/dance activity for 2 weeks post operatively

**POST OPERATIVE INSTRUCTIONS – DACRYOCYSTHORINOSTOMY (DCR)  
PROF TIM SULLIVAN**

**1<sup>st</sup> Post operative appointment:**

Day and Date: .....

Time: .....

Address: Terrace Eye Centre, Level 2, 87 Wickham Tce, Brisbane

Contact numbers: Business hours 08.30am – 5.00pm

Wickham Terrace: 07 3831 0101 – option 6

Chermside 07 3359 8886

**After hours: Royal Brisbane and Women’s Hospital – Eye Emergency: 07 3646 8111**

***Or 07 3835 9900 – pager Number 975 – leave a message for your call to be returned.***

**IMPORTANT INFORMATION:**

1. **Blurred Vision:** It is normal for the vision to be blurry intermittently for the first week after surgery, particularly immediately after using the ointment, and marked vision loss should be reported immediately to Prof Sullivan.
2. **Bleeding:** Some minor bleeding or ooze for 2-3 days is normal; any major bleeding that cannot be stopped with gentle pressure or ice packs for 15 minutes should be reported to Prof Sullivan.
3. **Pain/Discomfort:** It is normal for discomfort at the wound site, particularly for the first 48 hours; severe pain that is not relieved with Paracetamol should be directed to Prof Sullivan
4. **Dry Eyes/Irritation:** the eyes may feel dry or gritty for the first few weeks after surgery due to the incomplete closure of the eyelids. It is completely acceptable to use over the counter lubricating eye drops, or additional Chlorsig ointment applied to the eyes whilst this is occurring.
5. **Bruising/Swelling:** Bruising and swelling are very common and will last several weeks after surgery. Some people will have none or minimal bruising and swelling, others quite a lot and variation among individuals is very common.
6. **Redness:** Mild redness at the wound site is common, particularly in the early period after surgery. Any redness that is worsening and associated with increased pain may indicate infection. If this is occurring, notify Prof Sullivan immediately.

Patient notes for post operative appointment:

---

---

---