**Dr. Sonia Ahn Yuen**

**Patient Instructions: Tear Duct Surgery**

**Eye Medications**

* You have been prescribed 2 different eye drops, 1 eye ointment, and oral antibiotic:

Eye drops: Chloromycetin & FML (or Maxidex)

 1 drop each 4 times a day for 2 weeks

Eye ointment: Chlorsig ointment (or Tobrex ointment)

 Apply to the external surgical wound 4 times a day for 4 weeks

Oral antibiotic: prescription may vary depending upon the patient, particularly in the setting of allergy

 Please follow the instruction for the specific medication script provided.

* 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 and then gently squeeze the bottle and instil one drop.

Alternatively, keep the eye closed and instil the drop in the inner corner of the eye and remain still for a minute.

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.
* No restriction on showering but keep the eye dry by not directing the shower water/wash basin waterdirectly onto the eye.

**Eye Protection**

* Avoid accidentally bumping your eye.

**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.

**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 3 weeks.
* No swimming for 6 weeks.
* Try to NOT bend over and don’t lift heavy objects for 3 weeks.
* No restrictions on reading, watching TV, walking, shopping, etc.
* No restriction on showering but keep the eye dry by not directing the shower water/wash basin waterdirectly onto the eye.

**Contact Dr. Yuen immediately at the respective Clinics in the event of the following:**

* Severe pain or severe blurring of vision.
* Marked increase in the redness of the eye.