

Endoscopic Dacryocystorhinstomy (DCR) Postoperative Instructions

1. While most patients do not require nasal packing, a dissolving gel material may be used in the nose associated with thick mucus drainage.
2. Slight bleeding from the nose and bloody post-nasal drainage are expected for 2-3 days after surgery. Some blood from the tear ducts at the corner of the eye can also occur. If bleeding is continuous lasting more than 10 minutes, try spraying your nose with over-the-counter Afrin nasal decongestant spray. This commonly stops nose bleeds. If no change within a few minutes, call the office number.
3. Small tubes that stent open the newly created tear duct openings will be placed. These are generally not bothersome or irritating to the eye. They are removed in the office in a few weeks. Some tearing is normal while stents are in place.
4. Avoid bumping nose or strenuous activity for a week. You may eat a regular diet. Sleep with your head elevated for 3 nights to decrease swelling.
5. If given antibiotics, take until gone.
6. You will be given prescription strength pain medication that contains Tylenol. Do not take additional Tylenol while taking the pain medication. You may substitute regular Tylenol when pain is less, usually in a couple days.
7. Starting 3 days after surgery, you may blow your nose gently. Nasal saline spray can be used every 2-3 hours to clean nose if congested.
8. A humidifier or vaporizer at home, especially in the bedroom, will help speed healing.
9. Reasons to call:
 - Fever greater than 101.5
 - Heavy bleeding
 - Worsening pain
 - Persistent nausea and/or vomiting
 - Bruising around eyes
 - Change in vision or double-vision

** For any questions or concerns, call the office (814-944-5357) Monday through Friday, 9:00 am to 4:30 pm. Through the same number, our answering service will page the ENT physician on-call during nights and weekends