



TRIAD Ocular & Facial PLASTIC SURGERY

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Patient Instructions Following Dacryocystorhinostomy

1. Do not drive for 24 hours after general anesthesia. Do not lift over 15 pounds, bend, strain, or participate in vigorous activity (more than light walking) for 2 weeks.
2. If your operation involved a skin incision and you have any gauze dressing in place, remove it the day after surgery and use ointment as prescribed.
3. Use the prescribed eye drops 4 times a day on the side that had surgery. Cleanse the nasal cavity with nasal saline rinse (Ocean Spray) at least twice a day. Use an over the counter steroid such as fluticasone (Flonase) twice daily until follow up. You may use Afrin nasal spray (oxymetazoline) twice a day if you have bleeding or nasal congestion.
4. Ice packs on a moist washcloth may be applied to the nose during the first couple of days to decrease swelling and discomfort.
5. Continue to take your routine medications as prescribed by your primary physician. If you use prescribed blood thinners, check with your primary care doctor or specialist, such as a cardiologist, about restarting medications.
6. Avoid aspirin, nonsteroidal anti-inflammatory drugs (NSAIDs), and alcohol for one week following surgery, as they may cause bleeding. Acetaminophen (Tylenol) may be taken if needed for pain.
7. To decrease bleeding risk, do not blow your nose for at least the first week after surgery.
8. Small silicone stents (tubes) may cause some tearing. Be careful when dabbing tears near the inner corner of your eye, and never cut or trim the stent if it protrudes from the nostril. It is usually removed in the office 3 months after surgery.
9. You will have post-operative visits about 2 weeks and 3 months after surgery.
10. If you have loss of vision, severe pain, excessive swelling, worsened redness, signs of infection, or active bleeding that cannot be stopped with light pressure or cold compresses, contact our office immediately at (336) 448-3060. We have an after hours on-call service in case of emergency which can be reached at (336) 448-3060, then choose option 2 or seek immediate attention at your nearest emergency room.