

## Dacryocystorhinostomy

You have had tear drainage surgery performed. In order to optimise your post-operative recovery, please follow these instructions.

### Care Instructions following your Operation

- 1) No nose blowing for 1 week
- 2) No hot drinks for the first 24 hours
- 3) Normal diet
- 4) Shower and bath as normal
- 5) No vigorous exercise, heavy lifting, bending or straining for 3 days. Gentle walking is allowed.
- 6) Restart anticoagulants the following day
- 7) If a nose bleed occurs, pinch the nose firmly on the soft part and lean forward and breathe through your mouth. If bleeding does not stop within 30 minutes please call Dr Smith.
- 8) Rhinocort Nasal Spray to the nostril **twice a day**
- 9) Eye Drops to be instilled to the eye of the operated side **three times** a day.
- 10) If you have a tube inserted, leave it alone. If you dislodge it, call Dr Smith.

**Should you have any concerns, please call**

**Queensland Eye Institute on:**

**(07) 3239 5000**