



## Guidelines Following Tear Duct Surgery

**It may take up to 24 hours for you to have fully recovered from the effects of the sedation or anesthesia given to you during the surgery.**

Despite the fact that you will be awake prior to discharge your reactions and judgements may be impaired, therefore:

- A responsible adult must accompany you when leaving the hospital and stay with you for the first night after surgery.
- You are advised not to drive a vehicle, operate machinery or make any important decisions for 24 hours following surgery.
- The use of bus service is also not recommended.

### Dressing

- Unless your doctor has given you special instructions, **DO NOT TOUCH** the eye dressing until the doctor removes it at your follow-up appointment.

### Medications

- Resume all your **MEDICATIONS** as soon as you get home.
- Check with your eye doctor before resuming blood thinners.
- There is usually minimal discomfort the day of surgery. Pain may be relieved with medications such as Tylenol or Extra-Strength Tylenol. **DO NOT** take aspirin or aspirin-based products unless you check with your eye doctor.
- If you become constipated, take a mild laxative.

### Activities

- You may resume all your normal daily activities including reading, watching television and doing computer work as the comfort of your eye permits. Rest your eye often.
- Avoid heavy lifting or strenuous activities.
- **DO NOT** rub the inner corner of your eye or you could dislodge the tube.
- **DO NOT** blow your nose for one week.
- Avoid environments where dust or dirt is blowing; or other possible eye irritants such as smoke-filled rooms or strong fumes.

## Follow up

At your follow up appointment your eye doctor will advise you of the following:

- When to resume wearing make up
- When to lift anything over 10 pounds
- When to resume swimming

## Things to watch out for

- A small amount of nosebleed is normal after surgery. If any bleeding does occur, pinch your nostrils for 15 minutes. If significant bleeding persists, go to your nearest Urgent Care or Emergency Department.
- If you have eye pain not relieved by Tylenol, call your surgeon
- If you notice any green or pus-like discharge from the eye, call your surgeon

If you are unable to reach your surgeon, please return to Misericordia Health Centre, which is open 24/7 for emergency eye care. Enter at the 99 Cornish Avenue entrance and present at patient registration. If you live outside Winnipeg, please visit the nearest health centre.