

## Information for Patients

# Instructions following External Dacryocystorhinostomy (DCR)

**These instructions are designed to support your recovery and promote healing. Please read them carefully.**

- No hot drinks for 48 hours to reduce the risk of bleeding.
- Try to sleep with your head raised at 30 degrees for the first 48 hours.
- No strenuous activity for 1 week, for example gardening or using the gym.
- Do not blow your nose for 4 weeks.
- When sneezing, place a finger over the inner corner of your eye to prevent the stent from displacing.
- Do not attempt to remove any dried blood from your nose by inserting tissues, handkerchiefs, or fingers into the nostril.
- Clean the wound with cooled boiled water, and then apply the antibiotic ointment provided to the wound 3 times a day for 2 weeks.
- Do not put ointment in your eye whilst the stent is in place.
- After 2 weeks massage along the wound for 5 minutes 3 times a day with the lubricant ointment provided; continue with this for 3 months. Further advice will be offered at your clinic visit.
- You will be seen following your operation in the out-patient clinic and arrangements to remove the stents will be made at this time (this is usually about 2 weeks after the surgery).

If the stent does come out into the corner of your eye **this is not an emergency**:

- Do not pull it or cut it - tape it to the side of your nose and contact the team on the number below.
- If your nose bleeds, apply basic first aid:
  - Sit down and lean forward.
  - Pinch your nose with your thumb and forefinger firmly to block your nostrils, holding ice to the bridge of your nose.
  - If the bleeding does not stop within 10 minutes contact the Emergency Eye Centre on (0161) 276 5597 / 5599 between 8.00 am - 9.00 pm every day or contact staff on Ward 55 on (0161) 276 5512 (24 hours) every day for immediate advice. Alternatively come straight to the hospital (it may be necessary to attend the Emergency department out of hours).

If you have any questions or are worried about any of this information please phone the nurse practitioner on (0161) 276 1234 and ask switch board to bleep John Cooper on bleep 5235 or Anne Mullett on bleep 5605 Monday – Friday, 9.00 am - 5.00 pm or contact staff on Ward 55 who are available 24 hours every day on (0161) 276 5512.

The team can be emailed with a query at [john.cooper@mft.nhs.uk](mailto:john.cooper@mft.nhs.uk) or [anne.mullett@mft.nhs.uk](mailto:anne.mullett@mft.nhs.uk).