

Information for Patients

Instructions following Endoscopic Dacryocystorhinostomy (DCR) and Stent Surgery

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

Following Endoscopic DCR and Stent Surgery:

- **Do not** blow your nose for 4 weeks.
- **Do not** rub your eye whilst the stent is in place.
- **Try to** sleep with your head raised at 30 degrees (semi-upright) for the first 48 hours.
- **Do not** have any hot drinks for 48 hours.
- **Do not** do any strenuous activity for 1 week, for example, gardening or using the gym.
- When sneezing, place a finger over the inner corner of your eye to prevent the stent from displacing whilst the stent is in place.
- **Do not** attempt to remove any dried blood from your nose by inserting tissues, handkerchiefs, or fingers into your nostril.
- Commence nasal douching (washout) the day after surgery:
 - Use sterile saline or a commercially available sinus rinse product available from high street chemist. Wash out the operated nostril twice a day until the stent is removed.
- Use nasal sprays as prescribed after douching. You will need to purchase sterimar spray from your local chemist as the in-patient pharmacy does not dispense this.

You will be seen following your operation in the out-patient clinic and arrangements to remove the stent will be made at this time. Your stent will usually be removed 2 months after your surgery, and this may be done in the out-patient clinic or in theatre. 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.
- Firmly pinch your nose with your thumb and forefinger to block your nostrils and hold ice to the bridge of the nose.
- If the bleeding does not stop within 10 minutes contact the Emergency Eye Department on (0161) 276 5599 8.00am – 8.15pm every day or contact staff on Ward 55 on (0161) 276 5512, available 24 hours every day, for immediate advice. Alternatively come straight to the hospital (it may be necessary to attend the Accident and Emergency Department at MRI or your nearest Emergency Department out of hours).

If you are worried or wish to ask any questions about this information, please contact the Oculoplastic nurse practitioner via the hospital switchboard on: (0161) 276 1234 and ask the operator to bleep 5235 or 5605 Monday–Friday 9.00 am - 5.00 pm or contact staff on Ward 55 on (0161) 276 5512 (24 hour) every day.