

EDMONTON EYELIDS

— Ophthalmology & Oculoplastic Surgery —

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POST-OP INSTRUCTIONS: LACRIMAL SURGERY

DAY OF SURGERY

- 1. Pain management:** On the day of surgery, it is normal to have some discomfort. Taking Tylenol every 8 hours for the first 24 hours is helpful in order to stay on top of pain.
- 2. Bleeding:** It is normal to have some continued oozing from the nose over the first 24 -48 hours. In most cases, this resembles a light nose bleed. If bleeding is bothersome but not severe, Afrin nasal spray can be used twice per day. If significant bleeding, severe pain, difficulty breathing or a change in vision develops, please call your surgeon emergently.
- 3. Swelling:** There is often minimal swelling following lacrimal surgery; however use of cool compresses, such as a ziplock bag of frozen peas, can still be helpful. These can be applied 20 minutes on, 5 minutes off.
- 4. Eye drops:** You will be given a prescription for steroid/antibiotic eye drops. You can start using these the evening of surgery. Continue the drops four times per day for the first week after surgery
- 5. Nasal spray:** You will be given a prescription for steroid nasal spray. You can start using this the evening of surgery. The nasal spray should be used twice per day for the first week.
- 6. Silicone stents:** In some cases, silicone stents are placed during lacrimal surgery. If this is the case, you will see a small, clear plastic tube near the inner corner of your eye. Try to avoid rubbing or pulling at the stent.

7. Activity: No heavy lifting or strenuous exercise for the 1 week after surgery.

8. Other medications: If you regularly take blood thinners prescribed by a physician, you can re-start them 24 hours after surgery.

WHAT TO AVOID

1. Avoid Aspirin or Ibuprofen as they can thin the blood and may increase bruising or bleeding.

WHAT IS NORMAL

1. Oozing or bleeding from the nose for the first 1-2 days
2. Swelling and bruising that may get worse for the first 2-3 days

WHEN TO CALL YOUR SURGEON

1. Significant bleeding from the nose
2. Severe, unrelenting or stabbing pains
3. Extreme swelling around the surgical area that is hot, firm or tense

DAY 1 - 3 AFTER SURGERY

1. **Pain management:** Continue Tylenol on an as needed basis. Discomfort typically starts to improve on day 2 or 3 after surgery
2. **Bleeding:** It is normal to have some continued bleeding from the nose. If this is bothersome, you can use Afrin nasal spray twice per day. Bleeding from the nose generally improves by day 3.
3. **Eyedrops and nasal spray:** Continue using the antibiotic/steroid eye drops four times per day and the steroid nasal spray twice per day for the first week after surgery.
4. **Showers:** You may shower and wash your hair normally after surgery.
5. **Silicone stent:** In some cases the silicone stent becomes dislodged within the first week after surgery. If this is the case, you can try gently pushing it back in. If it is not possible to re-insert it, the body has healed adequately and the stent is no longer needed.

DAY 4 - 7 AFTER SURGERY

1. **Tearing:** In some cases, tearing will improve during the first week after surgery. However, in other cases, improvement in tearing takes longer, especially if there is a silicone stent in place.
2. **Post-operative visit:** Your post operative visit will generally occur between days 5 and 7. The purpose of this visit is to ensure that everything is healing as expected.

MONTH 1 - 3 AFTER SURGERY

1. **Tearing:** Tearing generally improves over this period.
2. **Silicone stent:** If a silicone stent was placed, this is often removed between 3 - 6 weeks.