

Surgery Center of Pinehurst

Home Instructions following Tear Duct Surgery

DIET RESTRICTIONS

- Nausea may occasionally occur and last 24-48 hours
- Appetite usually back to normal by the second day

APPEARANCE OF THE EYES

- Eyes may have bloody discharge/matting of lashes lasting 2-7 days following surgery. The eyes may stick together in the morning; wipe them with a damp cloth.
- If your child develops a bloody nose; pinch the nose with the child sitting up for 5-10 minutes until the bleeding stops. For a severe bloody nose, you can use Afrin nasal spray (over the counter at the drug store) according to the directions in the box.
- Any bruising after the surgery will fade after one to two weeks
- **For Crawford Tube placement only:** Try to keep the child from rubbing the inside corner of the eye. Some will accidentally pull the tube out early- if that happens, do not panic, as it will not harm the child. If the tube is part-way out, tape it to the cheek and call Dr. McCormick's office (910-215-2673) for an appointment to pull it out. If the tube comes out completely by itself, bring it with you to the next appointment. If the tube appears to be irritating the eye, call Dr. McCormick's office. The tear duct tube is placed in the inside corner of the eyelid. Sometimes you will be able to see it, and sometimes it will fall out on its own. The tube does not drain the tears, it is keeping the opening to the tear duct open inside the nose. Therefore, there may be tearing and crusting while the tube is in place. Try to keep the child from rubbing their eyes.

ACTIVITIES

- Each person is different regarding recovery time.
- It's OK to fly anytime after surgery, and OK to resume all activities after the surgery.

POST OPERATIVE MEDICATIONS

- Antibiotic/steroid eye drop: 3 times per day for 7 days
- Tylenol or Motrin for pain
- Afrin nasal spray according to directions on the box **if needed** for 1-3 days

FOLLOW UP CARE

- Your child will have an appointment scheduled for 1-2 weeks after surgery to be seen in the office. If Crawford Tube(s) placed, the tube will be removed in 3-6 months.

DANGER SIGNS

- Increased swelling/pain of the conjunctiva and eyelids after the first 24-48 hours following the surgery may be serious and should be discussed with Dr. McCormick and/or his staff. Eyelid swelling on the inside of the lid and a yellowish discoloration of the white part of the eye without pain may just be a reaction to blood absorbing.

Call our office (910-215-2673) or Moore Regional Hospital (910-721-1000) to have Dr. McCormick paged if excessive pain, bleeding, discharge, or vision loss occurs.

Dr. McCormick