DCR Discharge Instructions

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Office (512) 458-2141 M-F 7:30 am-5 pm
After hours and weekends (512) 533-7355

CALL IMMEDIATELY FOR THESE PROBLEMS:

- **A brisk nose bleed that does not clear with pressure applied to the sides of the nose.**
- **Fever, purulent or green discharge from the eye or nose that may indicate an infection.**
- **Redness, swelling, and tenderness of skin that is increasing.**

DRESSING

- ❑ If your eye is patched, remove the patch from the top down ____ in the morning ____ this evening.
- ❑ You may have a drip pad under your nose to collect drainage. Change this pad as needed. Once the drainage has stopped you may remove the pad. The drainage may last 1-3 days.
- ❑ A temporary silicone stent was placed within your reconstructed tear duct and can be seen at the inner corner of your eye. You may sense mild irritation in this area as the stent sits near the surface of your eye. Avoid rubbing this area to avoid dislodging the stent. If the stent starts to come out, please call our office for further instructions.
- ❑ Expect your nose to be blocked for the first few days. Breathe through your mouth.
- ❑ **Do not blow your nose or rub your eye for 7 days after surgery as you may dislodge the tube. Sniff and swallow to clear your nose as necessary.**

COLD APPLICATION

- ❑ To reduce swelling and bruising apply ice packs to the side of your nose for ____ days after surgery about 20 minutes of each hour till bedtime. You may use frozen peas or crushed ice in a small Ziploc bag covered with a soft cloth.

MEDICATIONS

- ❑ Continue your regular medications, including eye medications, unless otherwise instructed by physician.
- ❑ Take prescription **pain** medication for moderate pain. Tylenol/Extra Strength Tylenol for mild pain. Take pain medication with food to avoid nausea.
- ❑ ***You were given pain medication in the surgery center. Next dose of pain medication at _____.***
- ❑ **DO NOT** take Aspirin, Aspirin containing products or anti-inflammatory medications (NSAIDS e.g. Advil, Motrin, Aleve, etc.), for 2 days after surgery.
- ❑ ***Blood thinning medication such as Coumadin, Plavix or Aspirin can be restarted on _____***
- ❑ Other medications**:** You may use over-the-counter **saline nasal spray** to soften dried drainage in your nostrils**.**
- ❑ Flonase/ Nasonex - spray ____ puff(s) in the (Right) (Left) (Both) nostril(s) ____ times a day for ____ days.
- ❑ TobraDex eye drops - apply ____ drop(s) to (Right) (Left) (Both) eye(s) 4 times a day for ____ days.
- ❑ Prescription eye ointment to the stitches ____ times daily, and in the eye(s) at bedtime or whenever irritated. If Steri-Strips are taped over your incision, do not apply ointment to the **Steri-Strips.**

ACTIVITY

- ❑ Rest quietly at home for two days after surgery. Stay in the company of a responsible adult for the first 24 hours. Sleep with your head elevated on 2-3 pillows.
- ❑ Avoid any strenuous activity, heavy lifting over 20 lbs, aerobic activity, bending or straining for 2 weeks following surgery, and until approved by your surgeon.
- ❑ Do not drive while taking prescription pain medication.
- ❑ Return to work/school in ____ days.

HYGIENE

- ❑ You may shower 24 hours after surgery. Be careful using soap in the eye area.

DIET

- ❑ Resume regular diet. Drink cold liquids to stay hydrated. Avoid hot food/beverages for 24 hours.
- ❑ Do not drink alcoholic beverages while taking prescription pain medication.

OTHER_____

FOLLOW UP APPOINTMENT _____days. ❑ **PLEASE CALL 512-458-2141 FOR APPOINTMENT**

I have received and understand these instructions. _____ _____
Patient/Representative Reviewed by