



**Royal Berkshire**  
NHS Foundation Trust

# After tear drainage surgery

## Information for patients

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This leaflet gives you advice and information following tear drainage surgery. If you do not understand something or if you have any other questions or concerns, please ask one of the staff, who will be pleased to help you.

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### After surgery

The surgery may be done through the nose, in which case there will be no stitches.

- If it is done from the side of the nose, on the outside, then there will be stitches and a small scar afterwards.
- You will probably have an eye-pad applied to the affected eye. You should keep it on until the following morning or until instructed.
- You will probably experience bruising and swelling. You can reduce this by applying an ice pack. A small amount of nose bleeding is normal.
- If you experience discomfort, take Paracetamol in the dose recommended on the package.
- You may be given eye drops and/or ointment. Use them regularly as instructed.

- It is best to keep the area dry for approximately 48 hours. If you need to bathe the area after that time, you should use cooled boiled water and a cosmetic pad.
- Avoid hot drinks for two days. You should also avoid nose-blowing, strenuous exercise or heavy lifting for two weeks. If a permanent, glass (Lester-Jones) tube has been inserted, extra care is needed. When sneezing or blowing your nose, place a finger over the end of the tube in the corner of the eye to prevent it being dislodged.
- You will be given a follow-up appointment to see the doctor in clinic. This is for a check up. Stitches are usually removed 5-14 days after your operation. Temporary silicone tubes may also be removed at this time. In some patients the tube may be left in for up to 3 months.
- If you experience severe bleeding from the wound or nose, severe pain or discharge from the wound, contact us as soon as possible on the numbers overleaf.

## Contacting us

If you have got a minor eye problem, please seek advice from your GP, optician or pharmacist. If you think your problem might be urgent, please attend Eye Casualty.

Eye Casualty (Reading):	Mon-Fri 9am to 5pm; Sat & Sun & bank holidays 9am-12.30pm; Closed Christmas Day and New Year's Day
Eye Casualty: Prince Charles Eye Unit (Windsor):	Mon-Fri 9am to 5pm; Sat 9am-12.30pm; Closed Sun & bank holidays
Dorrell Ward (Reading):	0118 322 7172 (24 hours a day)
Eye Day Unit (Reading):	0118 322 7123 (Mon-Fri 7am to 6pm)

Visit the Trust website at [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

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