





After your operation, have a quiet evening at home and avoid strenuous exercise for a week. You are advised not to drive, operate machinery, drink alcohol or take sedative drugs for 24 hours.

If your eye pad has not been removed in the hospital, gently remove it in the morning at home and wash normally, taking care to dab the operation site (do not rub). If you have had external DCR, it is advisable to keep your skin wound dry and uncovered.

After the operation, you might experience some blood trickling from your nose. This usually stops after a few hours. If there is bleeding, apply an ice pack to the bridge of your nose (on the opposite side to the dressing). Wipe away any bleeding with a paper tissue/kitchen towel. If the bleeding is severe or continues for more than half an hour, seek medical advice immediately at your nearest A&E department.

If you experience pain, which is unusual, take paracetamol or codeine. Do not take aspirin or ibuprofen for two weeks as this could cause some bleeding. In order to avoid drugs containing aspirin, please read the contents of the packaging of whatever painkiller you wish to use. It is usual to have a watery eye for some weeks after surgery until the swelling and inflammation settles and the rods are removed.

You will only need to contact us if you experience any problems.

For more information or advice after your operation, please call 01271 322467