Postoperative DCR Instructions

Dr. Healy - Dr. Keele - Dr. Tubbs - Dr. Ramsey

Contact Information:

- **Glacier Ear Nose and Throat - (406) 752-8330**
  - 9am to 5pm, Monday-Friday
  - After 5 pm and weekends, an "on call" provider is available.
- **The HealthCenter - (406) 751-7550**

When should I call my doctor?

- If I am worried, my doctor is worried! I will call my doctor's office.
- If I see signs of infection around the surgical site, like redness, warmth, drainage, pain and swelling or a fever above 101.5 degrees, I will call my doctor's office.
- If I am short of breath or have chest pain with no activity, I will call my doctor's office.

What should I expect after surgery?

- I have stents holding my tear ducts open that will be removed at my doctor's office in about 2 months.
- I will have some nasal drainage and bleeding.

When will I see my doctor?

- I need to have a follow-up appointment with my doctor in 1-2 weeks after surgery.

What about my pain?

- I will have some discomfort.
- I may use over the counter Ibuprofen or Tylenol.
- I may be given a prescription for narcotic pain medication if Ibuprofen and Tylenol is not enough.
  - I will not take extra Tylenol if I am taking Norco, Lortab or Percocet because they have Tylenol in it.
  - I will not drive if I am taking narcotic pain medication.
  - Narcotic pain medication may cause constipation. I will drink extra fluids and I may need a stool softener.
- I will follow pain medication instructions given by my nurse or pharmacist.

How do I care for my surgical site?

- I will use over the counter nasal saline, like Ocean Spray, 3 times per day for 2-3 days to soften crusting in my nose.
- I can use over the counter Afrin nasal spray for congestion or bleeding for up to 3 days.

What about activity?

- I will not bend over, lift or strain for 1 week after surgery.
- If I blow my nose I must do it gently.
- I may cough and sneeze with my mouth open only. If I close my mouth or hold back my cough or sneeze I may have a bad nose bleed.

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