

Preparing for Your DCR Surgery

Your surgery is schedule for _____ at _____.

**** Our office will call you with the arrival time 2 days prior to surgery****

If you are unable to keep your surgery, please inform the office **3 weeks** in advance to avoid a \$200 cancellation fee.

Before your surgery:

- Please arrange for an adult to drive you home and be with you for 24 hours after your surgery.
- Tell your doctor if you have any cold sores or infection.
- Do not take any blood thinners for 2 weeks prior to surgery, including aspirin, ibuprofen (Advil), naproxen, fish oil and vitamin E (see complete list attached), OR as instructed by your doctor
- Majority of people have 2 weeks of swelling and bruising, however, some people may require longer for the swelling and bruising to subside.
- No exercise, swimming or hot tub for 1 week after surgery. It is ok to use your eyes immediately for reading, television, computer work.
- Take your regular medication (except blood thinners) the day of surgery with sips of water.

On the day of surgery:

- Remove all make-up, false eye lashes, and jewelry
- Do not wear contact lenses. Bring glasses with you.
- Please bring someone to help you translate if you don't speak English.
- You **MUST** have someone accompany you home after surgery
- DO NOT eat food or drink anything after midnight the evening before surgery.** You may drink clear fluids (water, apple juice and cranberry juice) until 1 hour before your arrival at the hospital.
- DO NOT** smoke, chew gum or suck lozenges (cough drops) after midnight the night before surgery
- Check-in to the **Admitting Office** at (VGH or UBC) at the arrival time you were told
- Bring your B.C. Care Card and Driver's License

Care After Your DCR Surgery

Follow-up with Dr. Yin on _____.

Restart blood thinners (plavix/ coumadin/ aspirin) on _____.

Please call the office immediately if you have:

- Brisk nose bleed that does not clear with pressure applied to sides of the nose
- Fever, purulent or green discharge from eye or nose
- Redness, swelling and tenderness of skin that is increasing
- Pain that is not relieve by medication
- Any sudden drop in vision

Do NOT blow your nose or rub your eyes for 2 weeks after surgery.

Expect your nose to be blocked for the first few days. Breathe through your mouth.

You can use saline wash for the nose to clear your nose after 1 week

Do not pick your nose or attempt to clean it out with anything other than saline wash.

No bending below the waist or lifting anything >20lbs for first week.

If you have steri-strips on your incision, do not try to peel it off. It is ok to get it wet but allow it to fall off on its own.

Do NOT take aspirin, aspirin containing products or anti-inflammatory medication (ibuprofen, fish oil or vitamin E) for 5 days after surgery.

You can resume regular diet. No alcoholic beverages the day of surgery or while taking prescription pain medication.

Medication for After the Surgery:

Tobradex eye drops 1 drop to operative eyes 4x a day for 2 weeks then 2x a day for 2 weeks

Flonase nasal spray 2 spray to operative nostrils 2 x a day for 4 weeks

Tylenol #3 1-2 tabs by mouth every 6 hours as needed for severe pain