

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