



Post-operative Instructions for Dacrocystorhinostomy (DCR)

- You should avoid hot or spicy foods or beverages for two weeks. These will cause the vessels in your nose to dilate and may prompt bleeding.
- Do not blow your nose for two weeks to avoid causing new bleeding.
- You may resume taking your usual dose of medication prescribed to you by your family doctor before the operation EXCEPT ASPIRIN. You may resume your aspirin 10 DAYS AFTER surgery.
- Apply erythromycin ointment in a thin layer over the sutures twice a day for seven days.
- Your skin sutures will be removed one week after surgery.
- Use erythromycin ointment once a day for three days after the sutures are removed.

FOR THE FASTEST POSSIBLE HEALING:

- Use a bag of peas or corn to ice your incisions as much as you can tolerate while awake for the first 24 hours. You may use the ice pack the hospital gave you if you find this more comfortable.
- RELAX: do not bend, stoop, lift, or exert yourself for seven days after surgery. Do not swim for two weeks following surgery. Do not do any aerobic activity, e.g. running for two weeks following surgery.
- Do not take aspirin or aspirin-like products (Motrin, Advil, Alka selzer, Excedrin) for ten days following surgery.
- Do not apply makeup or lotion to the incision. Use only the erythromycin ointment.
- Bruising and swelling of the area operated on is normal. Increasing redness swelling, bruising or bleeding is NOT normal.
- A minimal ache is common and should be relieved with Tylenol and ice. Moderate-to-severe pain is NOT common and you should call the office immediately.

WARNING SIGNS:

- Increasing redness, pain or swelling
- Prolonged bleeding from the incision or from your nose
- Moderate to severe pain
- Change in your vision

IF YOU HAVE ANY OF THESE WARNING SIGNS OR IF YOU HAVE QUESTIONS, PLEASE CALL OUR OFFICE IMMEDIATELY (650) 559-9150.