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## Lacrimal (Tear Duct) Surgery Patient Post-operative Instructions

### Day of Surgery:

Please rest the first day. It is normal to have a fair amount of bleeding. Please avoid blowing your nose. It is normal for the bleeding to increase 3-4 hours after surgery when the medications wear off.

Excessive bleeding is defined as soaking 5 nasal drips in one hour. You may use Afrin, 2-3 sprays in each nostril to stop excessive bleeding.

### Night of Surgery:

Please sleep in a recliner, if available and leave a drip pad in place. Begin your antibiotics the evening of surgery with your dinner.

### Day 1 following Surgery:

Begin using your saline irrigation in the morning, at least three (3) times/day. Do it more often if having difficulty getting the clots and scabs out. You may also begin blowing your nose gently. You may shower.

### Day 2 following Surgery:

Continue the regimen of saline irrigations. You may begin feeling more pressure and difficulty breathing as the scabbing builds up. Increase your irrigations as tolerated.

### Days 3 and onward following Surgery:

Continue irrigations. You may lessen the frequency depending on the level of congestion or pressure in your nose and ears. Continue irrigating at least twice daily. Continue antibiotics until finished.

### Restrictions

- No heavy lifting or strenuous activity for two weeks following surgery
- Sneeze with your mouth open
- No contact sports for one month following surgery
- You may return to work once the bleeding has subsided, typically 4-7 days

### Call Dr. Meek at 410-573-9191 if you:

- **Have severe pain, loss of vision, increasing redness or heavy bleeding**
- **Develop a fever or greenish discharge**