

Dacryocystorhinostomy (DCR)

What Is Dacryocystorhinostomy (DCR) Surgery?

Dacryocystorhinostomy (DCR) is a surgical procedure to restore the flow of tears into the nose from the lacrimal sac when there is blockage. This may be performed from a small 2 cm scratch along your tear wrinkle on the face (external DCR), or through the nose (Endoscopic DCR).

How Do I Prepare Myself For DCR Surgery?

- You will need to undergo a series of investigations to ensure your fitness for surgery. This will include a blood test and electrocardiogram (ECG).
- You may be scheduled to see an anesthetist to ensure your medical fitness to undergo surgery.

What Should I Do On The Day Of Surgery?

- Fasting depends on time of surgery.
- Unless advised by your doctor, you should take your regular medications as usual before the operation.
- Inform your doctor if you are on anti-coagulants (drugs to thin the blood eg. Warfarin).
- If you are diabetic and on medication, do not take your medicine or administer any injections on the day of the operation.
- If you are asthmatic and on an inhaler puff, bring along your inhaler medicine.
- **Do not drive** on the day of surgery.
- You are strongly encouraged to arrange for someone to accompany you on the day of surgery.
- Wash your hair and take a shower.
- Wash your face, including your eyelids.
- Do not apply make-up.
- Remove all jewelry, contact lenses, false eyelashes and nail polish.
- Wear comfortable clothing such as a loose-fitting top with front buttons and shorts or pants.

Post Surgery Advise

- After the operation, blood stains from your nose and saliva may be expected. This may appear intermittently in the first week of surgery and may be cleaned away. You may also hold an ice cube in your mouth against the hard roof of the mouth that can help to reduce bleeding.
- Do not blow your nose at any given time, for up to one week after surgery.
- Gently wipe away any blood trickling from your nose or mouth with a clean tissue or spit it out from your mouth.
- Gargle gently with cold water as needed.
- If you need to sneeze, do so with your mouth open. Do not sneeze or cough forcefully.
- Avoid rubbing your eyes.
- Avoid hot food and drinks in the first 48 hours as this can trigger post-operative bleeding, food kept at room temperature is advised
- Avoid strenuous activities such as jogging, cycling, swimming, etc. To minimize the risk of bleeding.
- Rest at home and avoid crowded / dusty places.
- When in pain, take pain relief medication as prescribed by the doctor.
- Keep your appointment with your doctor as follow up is important to prevent complications following the surgery.
- You will be provided eye drops and nasal sprays to facilitate healing.
- There may be a small silicone tubing on the inner aspect of your eye – do not rub your eye as this may cause the tube to come out. This tube will be removed after 4 to 6 weeks.
- There may be stitches on the face which will be removed in 1 week.

When should I seek medical help?

Should you experience any of the following symptoms:

- Sudden or severe pain.
- Massive fresh bleeding from nose or throat that does not stop.

Please contact our main line or head to your nearest Emergency Department.

Alexandra Hospital

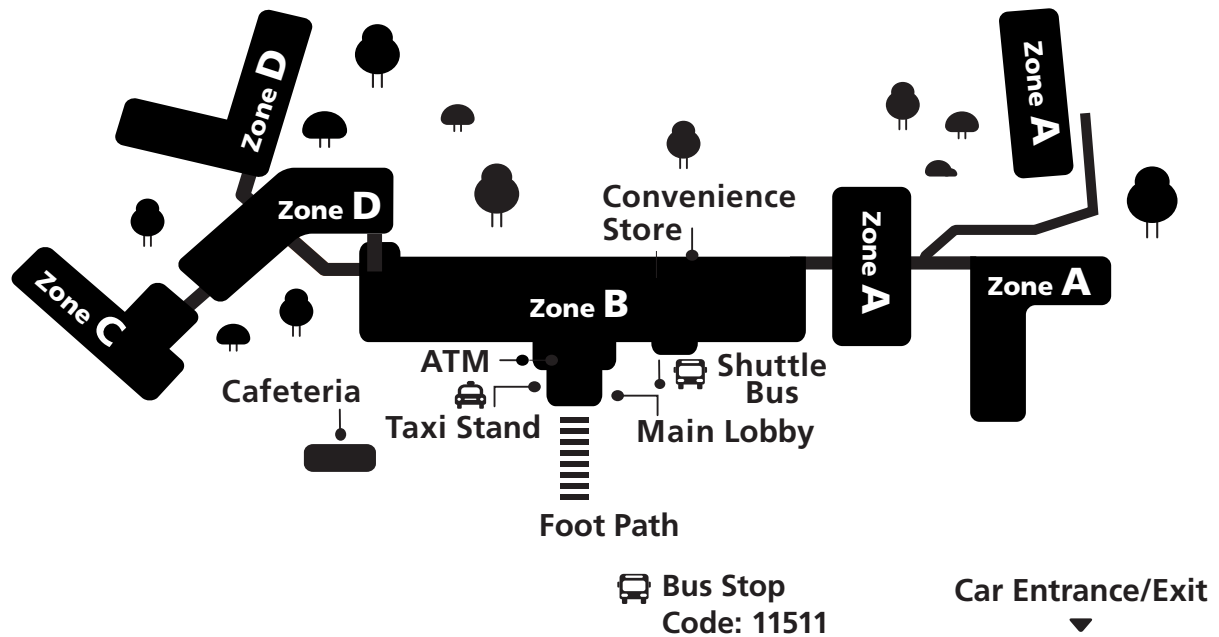
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