

# Dacryocystorhinostomy (DCR) Post-operative Care & Advice



Singapore National  
Eye Centre

SingHealth

www.snec.com.sg

## DO's

**1** Always wash your hands  
before applying any medication



**2** Perform eye  
dressing / wound dressing (1 week)



**3** Apply eye drops / ointment to the wound as instructed



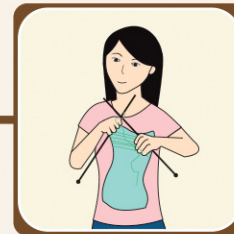
**4** Can watch TV



**5** Can do computer work



**6** Can do near work (e.g. reading / writing / needlework)



**7** Suck on small ice cube / drink  
cold water to prevent bleeding



**8** Simple cooking is fine  
(no deep frying)



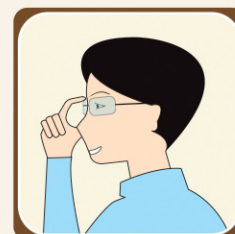
**9** Shower / bathe but avoid water  
touching the wound site / entering eye



**10** Look out for any signs of active bleeding / oozing of blood  
(that lasts longer than 15 minutes) from the wound site / nose



**11** If you wear spectacles, rest it a little further  
down the nose to avoid touching the wound



# DON'Ts

1 Don't rub / press on eye and wound site



2 Don't apply make-up



3 Don't splash water into the eye and wound (2 weeks)



4 Don't bend forward (2 weeks)



5 Avoid hot food / drinks for 24-48 hours



6 Don't exercise (2 weeks)



7 Avoid sports (2 weeks)



8 Avoid strenuous work / don't lift heavy objects (2 weeks)



9 Avoid carrying young children who may accidentally poke your eye



10 Do not blow or sneeze through your nose as this may cause bleeding from the operated site



## IMPORTANT INFORMATION:

- Following DCR operation (you may experience the following for a few days):
  - Stuffy nose
  - Slight tinkling sensation inside the nose (stent)
  - Some blood stained discharge (nasal pack)
  - Slight skin redness and swelling
- Avoid crowded or dusty places

- Should you experience or notice any of the following symptoms, please seek medical attention immediately:
  - Pain not relieved by medication
  - Significant blurring of vision
  - Severe swelling of the eyelid or excessive oozing
  - Nose bleeding that cannot stop with compression
- For repeat medications or further assistance, please contact SNEC at the following numbers:
  - During office hours at 6227 7266 (Appointments)
  - After office hours at 6532 4865 (Answering Service)

For urgent consultation after office hours, Sundays and Public Holidays, please proceed to Singapore General Hospital Accident and Emergency Department (SGH A&E), which is located at Block 1.

### Singapore National Eye Centre

11 Third Hospital Avenue, Singapore 168751

Appointments: (65) 6227 7266 Email: [appointments@sneec.com.sg](mailto:appointments@sneec.com.sg) Website: [www.sneec.com.sg](http://www.sneec.com.sg)