

LACRIMAL SURGERY DISCHARGE INSTRUCTION FOR PATIENT AND/OR CAREGIVER

Dear _____ (Patient Name),

Ward: _____ Bed: _____

This leaflet provides instructions on how to care for yourself at home after you are discharged from the hospital. You will be advised by your doctor/nurse of the following:

What to Expect after Surgery

- Mild nosebleed
- Slight oozing of blood along incision site or bloody tears
- Swelling, bruising or discomfort
- A small silicone stent is placed in the tear ducts and nose during surgery to help keep the tear drainage system open during postoperative healing
 - This stent may cause tearing until it is removed
 - Be careful when dabbing tears near the inner corner of your eye and **NEVER** cut or trim the stent even if it protrudes from the nostril.
 - The stent is usually removed in the clinic about 1 month after surgery

Medication

- Please use the prescribed medications as instructed
- Continue to take all medications prescribed by your primary physician in the postoperative period.
- Please avoid aspirin, nonsteroidal anti-inflammatory drugs(“NSAIDS”) and alcohol for one week following the surgery as they may cause bleeding from the nose.
- Tablet Acetaminophen/Paracetamol (Panadol) may be taken if needed for pain relief.

General Advice

Dos	Don'ts
• May resume most activities two or three days after surgery. • Squat when picking things from the floor, i.e. “keep your head above your heart”	• No strenuous exercise and avoid lifting more than 5kg during the first week. • Don't bend over to pick things up from the floor

Postoperative Instructions – LACRIMAL Surgery

1. You may resume most activities two or three days after surgery, with the exception of strenuous exercise. During the first week, avoid lifting more than 5kg, and squat rather than bend over to pick things up. i.e., “keep your head above your heart.”
2. Ice may be applied to the nose during the first 5 days to decrease swelling and discomfort. Ice packs should be placed on a moist(clean) washcloth to avoid frostbite to the skin.

3. **Avoid HOT BEVERAGES** for 48 hours after surgery as this may cause bleeding the nose.
4. To decrease the risk of bleeding, please do not blow your nose for the first week after surgery. It is also best to avoid taking a hot shower for several days postoperatively because the steam can dilate the blood vessels in your nose and cause bleeding.
5. If you have any enquiries, please contact +6569082222. If you experience excessive swelling, redness, pain, bleeding or significant change in vision, please visit the Clinic or the Emergency Department if the clinic is not open. It is normal to experience blood-stained nasal discharge immediately after surgery.

Notes:

Notes:

Ng Teng Fong General Hospital

1 Jurong East Street 21, Singapore 609606

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

www.ntfgh.com.sg

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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