



Your punctoplasty surgery

Punctoplasty is a surgical procedure to restore the proper drainage of tears. This happens when the lacrimal punctum (the opening of the tear duct where the excess tears drain) becomes blocked or narrowed in one or both eyes. Narrowing of the lacrimal punctum can prevent proper drainage of the tears and lead to watering of the eye (epiphora). Please see figure 1 opposite, which demonstrates the lacrimal drainage system. This leaflet is designed to provide you with more information about this procedure, answering some frequently asked questions patients may have.

What does the surgery involve?

Surgery is usually done as a local anaesthetic day case and is designed to widen the drain opening. This usually takes around 15 minutes.

The surgery is normally performed on the back surface of the eyelid and therefore does not need stitches.

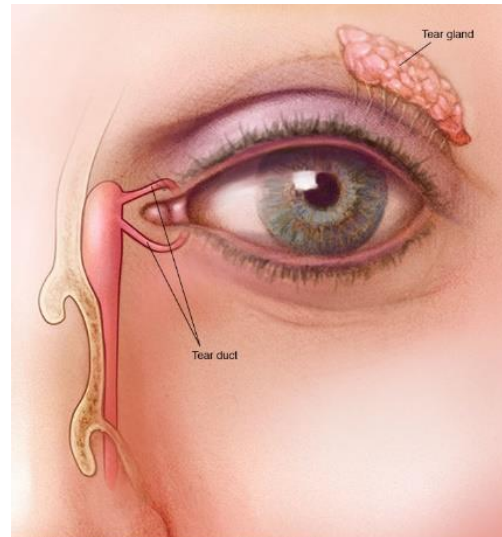
During a punctoplasty, the narrowed punctum is dilated and then surgically opened.

Is the operation effective?

Punctoplasty has a good success rate and only a small number of patients require re-operating/re-enlargement of

the lacrimal punctum. It is important to note that punctoplasty may not completely resolve the watering of the eye (epiphora).

This is because other factors can significantly contribute to watering, which need to be addressed separately and as they occur.



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Figure 1


Who will perform the operation?

An adnexal consultant or an adnexal fellow will carry out the operation.

Does the operation have any risks?

Risks include:

- infection (antibiotics will be prescribed post op to prevent this).

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- damage to the surrounding area of the tear duct (which may require a separate procedure to repair).
 - corneal abrasion (a scratch to the corneal surface which usually will resolve by itself, but can be uncomfortable while present).
 - the newly formed opening sealing up again which may require further surgery. This is more common with inflammatory causes, or if there are other problems occurring at the same time (for example other interruptions to the natural drainage system).

On the day of surgery

You are allowed to eat and drink on the day of your surgery and take your medication as normal.

Can I drive to hospital for the operation?

We do not advise you drive to the hospital for the operation. This is because a pad will be placed over your eye at the end of the procedure, meaning that you will not have full vision. We advise you bring a friend or family member with you to help you get home after the operation.

How long will I be in hospital for?

You should plan to spend half a day in total in hospital. The operation takes around 15 minutes per eyelid. You will be free to go home an hour or so after the procedure.

Aftercare information

Medication

You will be given an eye ointment (chloramphenicol ointment 1%) to apply to the operated eye four times a day (during waking hours) for seven days. Before your discharge from hospital the nurse will provide you with gauze and saline solution to bathe your eye with.

When can I remove the pad?

The pad can generally be removed by yourself the day after the operation. Before removing the pad, please wash your hands then remove your eye pad and throw it away. Bathe the eye gently with the gauze and saline solution, then apply the ointment you were given into the eye(s) that have been operated on. Please also carry on with any other eye drops you were prescribed before the surgery, unless the surgeon advised you to stop them.

What can I expect following the operation?

- Your eye may be bruised for about a week after the operation (sometimes longer). If you are experiencing pain, you can take over the counter painkiller such as paracetamol.
- You can start driving in the days following your surgery provided your vision is clear.
- You are advised not to wear contact lenses in the operated eye(s) for two weeks after the operation, to allow full healing.



