



Paediatric information: for parents

Dacryocystorhinostomy (DCR) post-operative advice

What happens after surgery?

After the operation, your child might experience some blood stained oozing from the nose. This usually stops after a few hours. If there is bleeding, apply an ice pack to the bridge of your child's nose (on the opposite side to the dressing). Wipe away any bleeding with a paper tissue. **If the bleeding is severe or continues for 15 minutes, seek medical advice immediately** at your nearest accident and emergency department.

Children can feel uncomfortable after this operation and you can give her/him paracetamol if needed. **Do not use ibuprofen for two weeks as this can cause bleeding.** It is usual for your child to have a watery eye for some weeks after surgery until the swelling and inflammation settles, and the tubes are removed.

On the day following your child's operation, (or the following Monday if your child's operation is on Friday), a nurse will phone to check whether there are any issues and to give advice if needed.

You will also be given a copy of the letter sent to your child's GP stating which operation she/he has had. If your child feels generally unwell, call your GP and take the copy of the letter along.

Aftercare instructions

After your child's operation, he/she should have a quiet evening at home. If their eye pad has not been removed in the hospital, please wash your hands and remove the pad carefully at home the next morning. Gently clean your child's eye with a folded paper tissue and cooled boiled water (but do not add anything to the water, such as salt). Wipe from the inner corner of the eye to the outside but do not rub the eye. Then use the drops and/or ointment as advised by the doctor or nurse.

It is advisable to keep the wound dry and uncovered. When giving your child a shower, gently sponge their face without splashing water and shampoo into the operated eye.

We recommend that your child **avoids strenuous activity for two weeks and**



Is there anything else my child should not do after the operation?

Hot food and drink should be avoided for 24 hours after the operation as they can cause post-operative bleeding. Please explain to your child that he/she must not blow or pick his/her nose for seven to ten days. Your child may wipe his/her nose or sniff gently to clear it. If they sneeze, tell them to try to keep their mouth open.

What are the main complications following DCR?

- **Bleeding:** A nose-bleed can occur up to 10 days after surgery. This happens in about one in 50 patients. In most cases, the bleeding will stop by itself, but if it continues or is very heavy, you should attend the A&E at your nearest hospital.
- **Infection:** This is a rare complication. When you leave the hospital, you will be given some drops to use to prevent infection.
- **Scar formation:** The wound on the side of the nose is usually small and, after healing, not very noticeable, but occasionally a scar is visible. In some patients, the wound might need to be massaged.
- **Blockage:** Rarely, a scar can form on the inside which blocks the tear drainage again and this

might require another operation. Sometimes, surgical insertion of a small pyrex drain is required. This is known as a “Jones tube”, and stays permanently in the tear duct to keep it open.

What is the follow-up treatment?

You will be given a clinic appointment for one to two weeks after surgery, where you will be given further advice.

If you require any further information or advice after your child's operation, please telephone the children's ward on 020 7566 2595/2596 (Monday- Friday, 7:30am-6:00pm) or the main A&E department (out of hours) on 020 8566 2080/2083.

Author: Paediatric information group
Revision number: 2
Approval date: September 2018
Review date: September 2021

**Moorfields Eye Hospital NHS
Foundation Trust
City Road, London EC1V 2PD
Phone: 020 7253 3411
www.moorfields.nhs.uk**

Moorfields Direct telephone helpline
Phone: 020 7566 2345
Monday-Friday, 8.30am-9pm
Saturday, 9am-5pm
Information and advice on eye
conditions and treatments from
experienced ophthalmic-trained nurses.

Patient advice and liaison service (PALS)

Phone: 020 7566 2324/ 020 7566 2325



Email: moorfields.pals@nhs.net
Moorfields' PALS team provides confidential advice and support to help you with any concerns you may have about the care we provide, guiding you through the different services available at Moorfields. The PALS team can also advise you on how to make a complaint.

Your right to treatment within 18 weeks

Under the NHS constitution, all patients have the right to begin consultant-led treatment within 18 weeks of being referred by their GP. Moorfields is committed to fulfilling this right, but if you feel that we have failed to do so, please contact our patient advice and liaison service (PALS) who will be able to advise you further (see above). For more information about your rights under the NHS constitution, visit www.nhs.uk/choiceinthenhs

