

# Dacryocystorhinostomy

(Blocked Tear Duct)

تضيّق قناة كيس الدمع

World leading  
**experts in**  
**eye care**



**Moorfields**  
**Eye Hospital Dubai**  
A branch of Moorfields London



مستشفى كينجز كوليدج لندن  
King's College Hospital London

# Facts

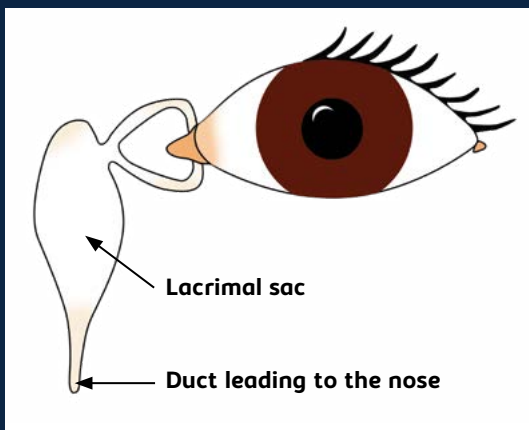
The tear ducts start at the inner corner of the eye with two small openings called Punctii. They continue into small channels that join up and reach the lacrimal sac, which leads into the nasolacrimal duct.

The tear ducts do not have much spare capacity and this is why we cry. The channels tend to become narrower with age, especially if there has been nose or sinus disease.

An obstruction of the tear ducts will give you a watery eye.

Syringing of the lacrimal system with a blunt cannula will determine the type and the site of the blockage.

Occasionally a special radiograph is necessary.



# Questions & Answers

## What is a DCR?

It is a surgical procedure for restoring adequate drainage and relieving your symptoms. The operation establishes a connection from the lacrimal sac into the nose by opening a new passage through the bone.

## What anaesthetic is necessary?

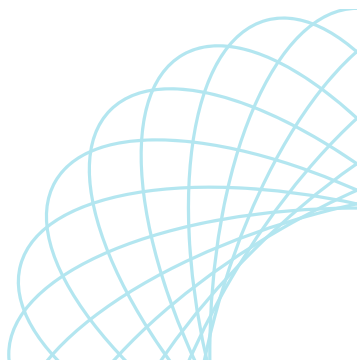
The operation can be performed under local anaesthesia with sedation or general anaesthetic. The procedure takes about one hour.

## Are there different types of DCR?

Yes, it can be done from the outside (EXTERNAL) through a small cut on the side of the nose. In most people this heals very quickly and is almost invisible; it might leave a small scar on the side of the nose. It can also be performed from the inside (ENDOSCOPIC) of the nose.

External DCR has a higher success rate in the region of 90-95%, whereas Endoscopic DCR is about 75-80%.

Plastic tubes are inserted in the tear passages and are just visible in the inside corner of the eye.



### **What will happen after the surgery?**

You will recover from the anaesthetic and rest before leaving the hospital. All surgery is done as day case surgery. You might have some nose bleeding, this usually stops within a few hours.

It is not normally necessary to take painkillers after the surgery. If you need to take one we would recommend Panadol 500mg. You should NOT TAKE ASPIRIN.

### **What should I avoid after the surgery?**

Do not have hot drinks or food for 24 hours. Avoid blowing your nose for 10 days.

### **What happens to the stitch and the tubes?**

The stitches are usually removed after 5 to 7 days. The tubes are removed typically between 4 and 12 weeks.



Faint skin scar at 3 months after  
EXTERNAL DCR



### **What medicines should I avoid?**

You should NOT TAKE ASPIRIN for two weeks before the surgery. If you take any other blood thinning agent ask for advice from your doctor.

### **When will my symptoms improve?**

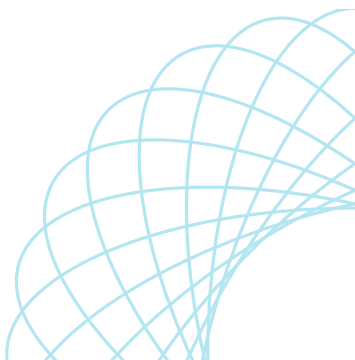
It is normal to have a watery eye a few weeks after the surgery due to swelling of the tissues and partially due to the presence of the tubes.

### **What are the risks?**

A nose bleed may occur up to 10 days after the surgery and happens in about 1 in 50 cases. In most cases the bleeding will stop after a few minutes. Should this continue please contact the hospital.

Infection is rare but possible, when you leave the hospital you will be given antibiotic eye drops and occasionally antibiotic tablets.

**This booklet is intended only to provide general information for patients. Any patient who would like information about his or her individual circumstance should seek specialist advice.**



## Moorfields Dubai



# Moorfields Eye Hospital Dubai

A branch of Moorfields London

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### Opening hours:

Saturday to Thursday, 8.30am to 5.30pm,  
for information and advice on eye conditions and  
treatments from experienced ophthalmic trained staff.

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