

POST-OPERATIVE INSTRUCTIONS FOR TEAR DUCT PROBINGS

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(1) TOBRADEX EYEDROPS:

You will receive a bottle of Tobradex eyedrops on the day of surgery at the hospital. This medicine is a combination antibiotic (to prevent infection) and mild steroid (to decrease inflammation) that will help speed the healing process. I put this medication on the eye(s) at the conclusion of surgery, so you don't need to put a drop in yourself until you get home on the day of surgery. Please use one Tobradex eyedrop four times a day in the operated eye(s). This eyedrop is a suspension and should be shaken gently before using it. Try to avoid touching the surface of the eye with the tip of the eyedropper. Please use the eyedrops for a full seven days following the surgery. Even if the tearing seems completely resolved sooner than that, please continue using these drops for the full seven days.

(2) WHAT SHOULD I CALL THE DOCTOR ABOUT?

Here are a few things to expect after the surgery: Blood-streaked tears are common and should not cause concern. Probing of the tear duct may cause some trace bleeding from the fine blood vessels around the duct. Some minimal oozing from the manipulation of these tissues is normal and to be expected. Pink or lightly red-stained tears are not a cause for alarm. Significant pain is uncommon after tear duct probing. Your child may reach for his or her eyes due to some minor irritation or may have mild soreness inside the nose, but rarely enough discomfort to warrant pain medication. If your child appears uncomfortable you may try an age-appropriate dose of Children's Tylenol. Small blood clots or blood-streaked mucus from the nasal passages are not unusual at all. As part of the probing we often have to manipulate some of the tissue inside the nasal passages. The mucosal lining of the nose is very fragile and bleeds easily. Small blood clots formed during the procedure may be "sneezed" out by the child in the day or two following the procedure. This is quite normal and nothing to be alarmed by. Any active bleeding, however, is very unusual and you should call our office if that arises.

(3) SHOWERING / BATHING:

There are no restrictions on bathing following tear duct surgery. You may bathe or shower your child just as you did before the procedure. However, I do prefer that you avoid swimming pools for one week following tear duct probing. This is primarily intended to prevent infection. I recommend no other activity restrictions following this relatively minor procedure.