



ENDOSCOPIC DACROCYSTORRHINOSTOMY (DCR) POST OPERATIVE INSTRUCTIONS

Please read and familiarize yourself with these instructions both **before** and **after** your surgery. Following these instructions carefully will assist you in obtaining the best result from your surgery.

You will need someone to drive you home and stay with you for the first 24 hours after surgery.

You CANNOT have anything to eat or drink after midnight prior to surgery.

The morning of surgery you make take your usual daily medications with a sip of water, unless directed otherwise.

For the first 48 hours after surgery sit up or walk during the day, and at night sleep with the head of your bed elevated with 2 or 3 pillows. Use ice compresses regularly (20 minutes on, 20 minutes off while awake). Do not blow nose following surgery. If you must sneeze, leave your mouth open and close your eyes (this will prevent blowing the tube out between the eyelids).

Avoid lifting (greater than 10 lbs), bending, exercise, swimming and flying for **2 weeks** following your procedure.

If you tube comes out, tape it to the side of your nose and call Dr. Jaggi's office 306-655-6523. It generally can be repositioned in the office.

The passage of small clots from your nose or blood stained phlegm from your mouth is normal for 3 to 5 days following surgery. These episodes may be associated with a small nosebleed which can be controlled with pressure. If you cannot control the bleeding with light pressure applied for 15 minutes, then call Dr. Jaggi's office.

For pain and/or discomfort use Acetaminophen 1000mg every 4 hours as needed (to a maximum of 4000mg per day) and Ibuprofen 400mg every 6 hours as needed.

Remove moustache dressing on morning of your first post-operative day.