***DISCHARGE INSTRUCTIONS* FOR DCR SURGERY**

**Diet:** Begin with a light diet progress as tolerated. Drink plenty of fluids. You may experience nausea, headache, and/or sore throat after general anesthesia. This should resolve within a few days of surgery.

**24 hours after surgery:** Do not drive a car or operate hazardous machinery, do not make important decisions, do not drink alcoholic beverages, and do not take any sedatives unless specifically prescribed by your surgeon.

**Activity:** You may resume full activity including working out 7 days after surgery. Avoid swimming for 2 weeks. You may return to work as directed by your surgeon.

**NO NOSE BLOWING FOR 2 WEEKS AFTER SURGERY – THIS WILL OPEN YOUR INCISION, IMPAIR HEALING, AND CAUSE A LARGE SCAR – IT IS NORMAL FOR ONE SIDE TO BE STUFFY, THERE IS PACKING THAT WILL DISSOLVE OVER A FEW DAYS**

**Showering:** It is ok to shower the remainder of your body the day after surgery**.** Try to keep the incision site dry. Avoid direct spray of water, can gently clean around area with wash cloth. Avoid scrubbing for 1 week.

**Wound Care/ Dressing:** No dressing or cover required. Sutures are dissolvable and take 2-6 weeks to dissolve.

**Ice Compresses:** Apply cold compresses for 15 minutes of the hour at a minimum of 4 times per day for the first 5 days after surgery, as tolerated for comfort and swelling. Do not apply ice directly to skin. After 5 days

switch from cold to warm compresses to help with swelling.

**Stent**: There is a small silicone stent that will be removed in the office 3 months after surgery. It goes from the upper eyelid to the lower eyelid. Do not pull on this as it is a closed loop. Removal takes a few seconds to do and you can drive yourself to this appointment.

**Medications:**

□Erythromycin or Bacitracin antibiotic ointment.

Wash your hands. Apply 4 times per day directly to incision site. Apply ointment using the tube, Q-tip, or finger tips. If a bandage was placed you will start once the bandage has been removed

□ Flonase nasal spray – over the counter – use 2x day to surgical side

□ Saline nasal spray – over the counter – use 2x day to surgical side

**Other Medications:** You may resume your regularly prescribed medications. If you take a prescribed blood thinner such as Coumadin or Plavix, you should resume this medication the day after surgery.

Use Tylenol or every 6 hours for discomfort. Do **NOT** take aspirin, ibuprofen, Aleve, or any other NSAIDS for 3 days after surgery.

If you have any unusual bleeding, swelling, or uncontrolled pain, during office hours call 206-215-2020.

Your follow up appointment is scheduled for: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* 1455 NW Leary Way #300 Seattle, WA 98107 1101 Madison St #600 Seattle, WA 98104
* 11919 NE 128th ST #A Kirkland, WA 98034