

Dr. Morgenstern's Patient Instruction Sheet

Silicone Nasolacrimal Intubation

A clear tube of silicone can be used to hold the tear drainage system open and to prevent scar tissue from obstructing it. The tears do not actually pass through the silicone tubing. Tears can usually still pass down through the tear drain around the silicone. The only place where the silicone can be seen is between the upper and lower eyelid near the inner corner next to the nose. You should avoid rubbing your eye in this area or pulling the clear silicone tubing. If your eye itches or if matter collects in the corner of the eye, it is safe to hold a clean, moist washcloth in this area and to cleanse this area with the eyelids fully closed.

If the silicone rubber in the corner of your eye should become displaced, a loop will stick out in front of your eye. This can be taped to the side of your nose to keep it from irritating the eye. You should contact the doctor's office to see about having this silicone tube repositioned or removed. In adults, this can usually be taken care of in the office. In children, this may require a trip to the operating room. Occasionally, the end of the silicone tube can be seen at the opening of your nose. This should not impair its function.

You should not blow your nose hard during the first week after surgery to minimize bleeding from the nose. If a nose bleed occurs, you should pinch your nose and lean your head back to control the bleeding.

If you have any questions, please do not hesitate to call the office at 610-687-8771.

Dacryocystorhinostomy Surgery

When the tear drainage system is completely blocked, an operation called a dacryocystorhinostomy (DCR) may be necessary to construct a new tear drain to pass from the eyelids into the nose. In this surgery, the silicone tubing described in the preceding paragraphs is used to hold the tear drain open as it heals. In addition, a small piece of yellowish rubber tubing may also be used to hold open the new tear drain. This larger tube of rubber is approximately $\frac{1}{4}$ " in diameter and approximately $\frac{3}{4}$ " to 1" long. Immediately after surgery, we request that you do not blow your nose hard for one week. This is to minimize nose bleeds. If a nose bleed occurs, you should pinch your nose and lean your head back to control the bleeding.

After one week, you may begin to blow your nose normally as long as you are not having any more nose bleeds. Approximately two to five weeks after surgery, the large yellowish rubber tube is likely to come out of your nose when you blow it. This is normal. If it has not come out on its own, the doctor will remove it in the office without discomfort. The clear silicone rubber does not come out on its own. It is removed by the doctor, again, without significant discomfort.

If you have any questions, please do not hesitate to contact the office at 610-687-8771.

