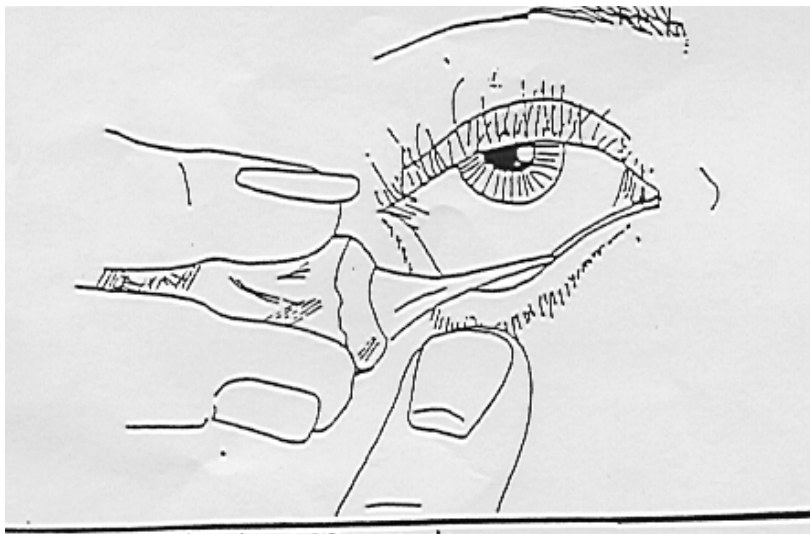


# HOW TO USE YOUR EYE OINTMENT

1. Wash your hands before use.
2. Read the label.
3. Look upwards.
4. Pull down gently on the lower lid.
5. Carefully squeeze thin strip of ointment, or drop, inside the lower lid without letting the nozzle touch the eye.



6. Close the eye for about 30 seconds.
7. Replace the cap and keep in a cool place.
8. **Throw away any remaining ointment/drops, 4 weeks after opening.**

## Manukau Surgery Centre

For assistance please telephone the Manukau SuperClinic™:  
Module 6 between 8am-430pm: (09) 277 1660  
After Hours Greenlane Hospital: (09) 367 0000

**Or go to the Acute Eye Department Greenlane Hospital**

## DISCHARGE INSTRUCTIONS for Tear Duct Surgery

Patients Name: .....

Operation: .....

Date: .....

Surgeon: .....

Anaesthetist: .....

Anaesthetic: .....

## **Discharge Instructions Following Tear Duct Surgery**

### **First Week Following Surgery:**

#### **No hot drinks on the first night of surgery**

Avoid vigorous activity for the first two days.

Sleep with you head elevated on 2 - 3 pillows for 5 days.

(this will help minimise swelling and bruising)

No Nose blowing even if one side of the nostril is blocked.

#### **Do not bend over at the waist or lift heavy objects, for 2 days**

**Unpreventable Sneezing:** Sneeze with mouth open so that less pressure is put on the surgery site.

### **If Bleeding Occurs from the Nose or Wound:**

Rest quietly with head up.

Put a fresh cold pack over the bridge of the nose.

### **Cold Pack Instructions:**

Fill a few small plastic bags with frozen peas. Keep in the freezer.

Cover the ice-pack with a piece of clean cloth (to prevent ice burns)

Apply as necessary to affected area, up to 4 - 6 times a day. These bags will stay frozen for approximately 15 - 30 minutes.

**Do not use commercial packs, as these are too heavy**

**If bleeding does not settle after 20-30 minutes or two hankies or tissues are filled with blood:**

### **CONTACT:**

Module 6 between 8am-430pm: (09)277 1660

After Hours Greenlane Hospital: (09) 367 0000

**Or go to the Acute Eye Department Greenlane Hospital**

### **Do Not Remove Patch Unless Instructed by Doctor:**

For 2 Weeks after Surgery.

No Nose blowing even if one side of the nostril is blocked.

Nose Blowing or sneezing can cause bleeding.

Place ointment over the stitch line and into the eye as shown on the back of this pamphlet.

### **Discomfort After Surgery:**

You may use Panadol or Paracetamol 4 - 6 hourly.

Avoid using Aspirin or Disprin unless prescribed by your doctor, this can cause bleeding.

### **If Pain Becomes Worse or is:**

Associated with Increased Bruising

Decreased Vision or Bulging of the Eyeball

### **Contact:**

Module 6 between 8am-430pm: (09)277 1660

After Hours Greenlane Hospital: (09) 367 0000

**Or go to the Acute Eye Department Greenlane Hospital**

### **Wound Care:**

The wound should be kept dry for 2 days then you can wash hair, shower or bath as usual.

Stitches along the side of the nose will dissolve or be removed in clinic in one to two weeks depending on the type used.

The position of the glasses should be changed if they start to rub against the wound.

### **If You Look in the Mirror you Will See:**

A tiny clear silicone tube in place in the tear duct in the inner corner of the eye. Avoid touching / rubbing this part of the eye. This can cause the tube to come out of position.

### **If the tube comes out of position Don't Panic!!**

Cover this with a pad as this may allow the tube to work its way back in place.

Otherwise Call Module 6 between 8am – 4.30pm: (09) 277 1660

If the tube pokes out of the nostril, push it back gently with a finger.

**Do Not Cut the Tube.**