



## **Lacrimal Duct Probing With or Without Silicone Tubes Post-op Home Care Instructions**

- 1) During the first 24 hours after surgery
  - a. The patient may walk around, read, watch TV, as soon as they are able.
  - b. You may gently wipe off any blood or discharge around the eyes with a clean, moist washcloth.
  
- 2) Longer than 24 hours after surgery
  - a. The child may resume normal daily activity.
  - b. No swimming is allowed for 2 weeks after surgery.

### **Care of the Eyes**

After most kinds of eye surgery in children, only a mild discomfort is felt. Little or no discomfort is felt after simple probing. However, there are slightly more complaints after placement of silicone tubes because of the greater manipulation inside the nose. Children should be discouraged from rubbing their eyes. Wash your hands well before and after treating the eyes.

Apply the eye drops as directed. These drops are usually instilled 3-4 times per day for 7-10 days after surgery. Some children respond best to the instillation of the drops when they are sleeping. Fortunately, the drops are not particularly irritating.

### **What to Expect**

With tear duct probing the eyes usually continue to tear for 2-3 days after surgery due to swelling of the tear duct from probing. After a couple of days, when the swelling goes down, tears should drain normally

With tear duct probing and silicone tube placement, tearing and mattering may persist for several weeks. You will see some blood-tinged tears and or bloody discharge from the nose with both of these procedures.

## **Activity**

General anesthesia (asleep for surgery) may still affect your child for the first 24 hours. Whether he/she still feels drowsy or seems frilly awake, he/she may lack usual coordination. Your child needs careful watching to prevent falls and accidents

No swimming is allowed for 2 weeks after surgery.

## **Diet**

A clear liquid diet is started in the hospital. Ice chips, 7 UP™, Gatorade™, Kool-aid™, Jello™, popsicles, or any liquid that you can see through is considered a clear liquid diet. The first meal needs to be "light," such as soups, cereal, crackers, etc. I personally recommend staying away from milk products EXCEPT formula or breast milk for the first 24 hours. Should vomiting occur, return to the clear liquid diet for a while longer.

## **Pain**

Give ibuprofen (MOTRIN™, ADVIL™) or acetaminophen (TYLENOL™) according to your child's age and size every 4 hours for discomfort only as necessary. Usually only one dose in the afternoon and one dose the evening of surgery is required, if, at all. Do not give more than 5 doses per 24 hours. After the first day, there usually is no need for pain medication.

## **Nausea and Vomiting**

Many patients may be nauseated after general anesthesia. If nausea and vomiting persists enough to interfere with drinking clear liquids, then I treat children with anti-nausea medications, either through the IV line if the patient is still in post-op recovery or by suppository if the patient is discharged to home.

## **When to Call the Doctor**

- Noisy and/or difficulty breathing
- Fever over 101 degrees F or 38.4 degrees C
- Persistent vomiting
- Pus drainage from the eyes(s)
- Any obvious bleeding
- Any increasing redness or swelling around the eye(s)

### **UT Medical Group, Inc. - Pediatric Ophthalmology - 901-448-6650**

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**Return Appointments:**

Patients are usually seen 7-14 days after surgery. The post-op visits within 2 months of the surgery are generally covered in the surgery fee and do not require specific referrals from your pediatrician or family physician. If silicone tubes are placed, the children are followed every two months, and then the tubes are generally removed in the office after they have been in place for about 6 months.

**Medications:**

1. PAIN medications: Motrin™ or Tylenol™, \_\_\_\_\_ orally every four hours, as needed for pain. (NOT TO EXCEED five doses in 24 hours).

2. EYE medications: EYEDROPS, four times a day for 7-10 days.

**Phone:**

**(901) 448-6650** The answering service will pick up the call; give your name and phone number. Your call will be returned as soon as possible.

This list is not all-inclusive, however, it does cover the basic care required for you to follow.

If there are any further instructions, The doctor or assistant will discuss them with you.

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