

Patient information

External Dacryocystomy with Silicone Intubation (DCR)

What is External Dacryocystostomy with Silicone Intubation (DCR)?

This is a surgical creation of a new tear channel to drain tears and improve watery eyes caused by a blocked passageway into the nose.

What are the alternatives?

The alternatives are:

- Accept the watery eye.
- Nasolacrimal Stenting.
- Endoscopic Dacryocystotomy.

What are the potential risks and side effects?

The potential risks and side effects are:

- A small scar on the side of the nose.
- Mild Bruising
- Post Operative Infection (approximately 1% of patients)
- Significant Nose Bleed (approximately 1% of patients)

What are the expected benefits of treatment?

You should see an improvement to your watery eye. This procedure carries an approximate 90% success rate.

You will also reduce the risk of an eye or tear duct infection.

Will I have an anaesthetic?

This procedure is carried out under a general anaesthetic and takes between 45 – 60 minutes.

How will I feel afterwards?

You may experience mild discomfort with a feeling of a blocked nose on the operation side.

How long will I be in hospital?

You would usually be in for only the day but maybe required to stay overnight following this operation.

What happens after my operation?

The day after surgery or during surgery the plastic tubes in your nose will be trimmed so that they are not easily visible.

It is important not to blow your nose forcibly for a couple of weeks following surgery.

You will be prescribed eye drops to use into the operated eye for one week. In addition some patients require a course of antibiotic tablets.

What should I do when I go home?

You may resume normal activities but should avoid strenuous exercise or lifting.

Will I have to come back to hospital?

An appointment will be made for you to return to the eye clinic one week after surgery for removal of stitches and again four to six weeks following surgery for removal of the nasal tubes.

When can I return to work?

Usually one week following surgery but this does depend on your occupation.

What should I do if I have a problem?

If you develop problems, or need advice about your eye(s), please telephone (in the information please provide your hospital 'X' number (if known), Name, Date of Birth and a contact telephone number):

- Conquest Hospital Eye Clinic - Tel: 01424 755255 Ext: 8971 during 9.00am and 5.00pm
- Eastbourne DGH Eye Clinic - Tel: (01323) 417400 Ext: 4118 during 9.00am to 5.00pm.

For Out of Hours contact you may leave an answerphone message on the telephone numbers above, and a member of staff will contact you the next working day. Otherwise if you feel you need to be seen urgently, please attend your local Accident and Emergency Department.

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: (01323) 417400 Ext: 5860 or by email at: esh-tr.patientexperience@nhs.net.

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: (01424) 755255 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
Mr Manuel Saldana, Mr Michael Wearne. Reviewed by Janine Robus

The Ophthalmology Department have agreed this patient information leaflet

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Responsible clinician/author: Ophthalmology Department (ESHT)

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