

## DCR DISCHARGE INSTRUCTIONS

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Cell phone: (561) 512-2038

PATIENT: \_\_\_\_\_

SURGERY DATE: \_\_\_\_\_

FOLLOW UP APPT: \_\_\_\_\_

Office: (561) 845-6500 | M-F 8:30am – 5:00pm

After Hours & Weekends: (561) 682-0487

**In the event of an emergency, please call 911**

### **CALL IMMEDIATELY IF EXPERIENCING ANY OF THE FOLLOWING:**

- ❖ A brisk nose bleed that does not clear with pressure applied to the sides of the nose.
- ❖ Fever, purulent or green discharge from the eye or nose that may indicate an infection.
- ❖ Redness, swelling and tenderness of skin that is increasing.

### **DRESSING**

- If your eye is patched, remove the patch from the top down \_\_\_\_\_ in the morning \_\_\_\_\_ this evening.
- You may have a drip pad under your nose to collect drainage. Change this pad as needed. Once the drainage has stopped, you may remove pad. The drainage may last for 3 days.
- Expect your nose to be blocked for the first few days. Breathe through your mouth.
- **DO NOT blow your nose or rub your eye for (7) days after surgery as you may dislodge the tube.**  
Sniff and swallow to clear your nose as necessary.

### **COLD APPLICATION**

- To reduce swelling and bruising, apply ice packs to the side of your nose for \_\_\_\_\_ days after surgery about 20 minutes of each hour until bedtime. You may use frozen peas or crushed ice in a small Ziploc bag covered with a soft cloth.

### **MEDICATIONS**

- Continue your regular medications, including eye medications unless otherwise instructed by physician.
- Regular or Extra-strength Tylenol for mild pain. Prescription pain medication for moderate pain. Take with food.
- You were given pain medication at the surgery center. **Next dose of medication should be taken at** \_\_\_\_\_
- DO NOT take aspirin, products containing aspirin or anti-inflammatory medications (i.e. Advil, Motrin, Aleve) for 2 days after surgery.
- Blood thinning medications such as Coumadin, Plavix or Aspirin can be restarted on \_\_\_\_\_
- Other medications:  
FLONASE/NASONEX Spray \_\_\_\_\_ puffs in the [R] [L] [both] nostril(s) \_\_\_\_\_ times a day for \_\_\_\_\_ days.  
TOBRADEX EYE DROPS Apply \_\_\_\_\_ drop(s) to the [R] [L] eye(s) 4 times a day for \_\_\_\_\_ days.  
RX EYE OINTMENT Apply to the stitches \_\_\_\_\_ times daily, in the eyes at bedtime or whenever irritated. If Steri-Strips are taped over your incision, do not apply ointment to them.

### **ACTIVITY**

- Rest quietly at home for two days after surgery. Stay in the company of a responsible adult for the first 24 hours. Sleep with your head elevated on 2-3 pillows.
- Avoid any strenuous activity, heavy lifting over 20 lbs., aerobic activity, bending or straining for 2 weeks following surgery and until approved by your surgeon.
- Do not drive while taking prescription pain medication.
- Return to work/school in \_\_\_\_\_ days.

### **HYGIENE**

- You may shower 24 hours after surgery. Be careful using soap in the eye area.

### **DIET**

- Resume regular diet. Drink cold liquids to stay hydrated. Avoid hot food/beverages for 24 hours.
- No alcoholic beverages the day of surgery or when taking prescription pain medication.

I have received and understand these instructions \_\_\_\_\_

Patient or Representative

Reviewed By \_\_\_\_\_