

Dacrocysto- rhinostomy (DCR)

An information guide



Dacrocystorhinostomy (DCR)

When the duct that usually carries the tears away from the eye into the nose becomes blocked, your eye may begin to water.

If the blockage cannot be successfully removed by flushing an operation may be needed. This operation is known as a dacrocystorhinostomy (DCR) and is a routine procedure.

What is a DCR?

A dacrocystorhinostomy (DCR) is an operation to allow your tears to drain freely into the nose.

Depending on the surgeon, this operation may be carried out using the conventional method or the endoscopic method.

The conventional method involves removing a piece of bone from your nose to bypass the blockage in the tear drainage system, leaving a small scar on the side of your nose which may be noticeable, whereas the endoscopic method involves making a small hole between the tear duct and the nasal space.

In both cases, a lacrimal stent (very fine plastic tube) is used to prevent the new drainage channel from healing up after surgery. The tube is left in place for several months while healing takes place and is then removed by a doctor. The Endoscopy method has a lower success rate and no external scar.

Indications for surgery

- Watery eye.
- Discharge from the eye.
- Infection.
- Pain.
- Swelling.

Before surgery

The surgery is usually carried out under a general anaesthetic and can take between 40 minutes and an hour. To make sure you are fit enough for the anaesthetic you will need to attend the pre-operative assessment clinic for tests, such as an ECG (heart trace) and blood samples.

What to expect after surgery

- You may have a double pad or a nasal pack in place, which will be removed the following morning.
- Once the double pad or nasal pack has been removed, you may notice some bruising and swelling around the operation site. This will gradually resolve over the next few days.
- You may experience pain and discomfort after the operation; painkillers may be given to you, or instructions about the use of painkillers.
- You may have some occasional bleeding from the nose (less than 1% of patients). If this is severe, it may require the insertion of a nasal pack, or a return visit to theatre.
- You must **not** have any **hot drinks** for **2 days**.
- You will have antibiotic and anti-inflammatory eye drops or ointment to use as directed by the nurse.
- A follow-up appointment for the eye clinic will either be sent to you through the post or given to you prior to discharge. The lacrimal stent is removed after approximately 3 - 6 months.

Please note, if you have a lacrimal stent in place please do not:

- **Blow your nose for 1 week**
- **Rub your eye**

When sneezing, place two fingers over the inner corner of your eye in order to prevent the plastic tubing from coming out.

Will the surgery resolve any symptoms?

If the operation is successful then the symptoms should hopefully resolve straight away.

- Until the lacrimal stents are removed your eye may continue to water.
- You should try to avoid smoky and dusty environments.
- If the conventional method is used, you will be asked to begin massaging the wound approximately 10 days after the operation, to minimise scarring.

Risks & other complications

- Persistent bleeding from the nose or wound site.
- Swelling and discharge which may indicate an infection.
- Although the success rate is good, you may require repeat surgery.

If you have any queries, please do not hesitate to contact us on the telephone numbers below.

If you feel unwell, don't delay, please ring. The lines are open 24 hours a day.

The Royal Oldham Hospital

Accident & Emergency Department

Telephone: 0161 627 8923 – Friday 5:00pm till Monday 9:00am

Oldham Integrated Care Centre – Eye Clinic

Telephone: 0161 621 3721 – Monday to Friday 09:30 - 16:30

Rochdale Infirmary

Eye Clinic

Telephone: 01706 754292 - Monday to Thursday between 9:00am and 5:00pm and Friday 9:00am and 12:30pm

Eye Ward

Telephone: 01706 901766 - Monday to Friday between 7:30am and 8:00pm

Urgent Care Centre

Telephone: 01706 517005 - After 8:00pm Monday to Friday and from 8:00pm Friday until Monday 8:00am

Fairfield General Hospital, Bury

Eye Outpatients Department

Telephone: 0161 778 2804

Accident & Emergency Department

Telephone: 0161 778 2600 - After 8:00pm Monday to Friday and from 8:00pm Friday until Monday 8:00am

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

 www.facebook.com/NorthernCareAllianceNHSGroup

 www.linkedin.com/company/northern-care-alliance-nhs-group

 Northern Care Alliance NHS Group (NCA) @NCAlliance_NHS

Date of publication: February 2007

Date of review: November 2021

Date of next review: November 2023

Ref: PI(SU)321

© The Northern Care Alliance NHS Group

www.pat.nhs.uk

www.northerncarealliance.nhs.uk

