

Lacrimal Surgery Aftercare

Have a restful day following surgery.

Take eye drops as prescribed.

Try not to blow your nose for 2 weeks following surgery.

Try to avoid hot drinks or spicy food for 48 hours following surgery.

Minor eyelid swelling and bruising are normal following surgery, and will settle.

Some mild nose-bleeding may occur in the first few days following surgery.

Use icepacks and firm pressure over the bridge of the nose, leaning forward for mild nose bleeding.

Rarely, if nose bleeding becomes continuous and will not stop, contact your doctor or A+E department.

Try not to do strenuous activities, exercise or bend excessively for the first week after surgery.

Avoid swimming for 3 weeks following surgery.

Leave lacrimal tubes in place. These will be removed at your clinic visits in the next few weeks.

Private appointments and enquiries

Private Secretarial Office:
Maxine Steinberg

Telephone: 0208 386 6398
Fax: 0208 386 6398

Email: max.secretarial@gmail.com
Website: www.londonandhertseyesurgery.co.uk