Elmé Aesthetics and Reconstructive Techniques

DCR (Tear Duct Surgery) Discharge Instructions

Thank you for trusting Elmé with your care. We know surgery and recovery can feel overwhelming, so we want you to know you're not alone. Our team is here for you-every question, every concern, every step of the way. Please read these instructions carefully, and don't hesitate to reach out if you need us.

How to Reach Us

- Office (Monday–Friday, 8am–4pm): (716) 320-3563
- After hours & weekends: (716) 214-3644

When to Call Us Right Away

Please call us immediately if you notice any of the following:

- A nosebleed that won't stop, even after gently pinching the sides of your nose
- Fever, or green/yellow discharge from your eye or nose (these could be signs of infection)
- Redness, swelling, or tenderness of your skin that's getting worse

Taking Care of Yourself at Home

Dressings & Stents

- Please use shield when sleeping for 7 days
- You may have a small pad under your nose to catch drainage. Change it as needed. Some drainage is normal for 1–3 days.
- You might see a tiny silicone stent at the inner corner of your eye. It can feel a bit irritating, but try not to rub it. If it starts to come out, please call us-we'll walk you through what to do.
- Your nose may feel blocked for a few days. Breathe through your mouth until it clears.
- Do not blow your nose or rub your eye for 7 days. If you need to clear your nose, just sniff gently and swallow.

Reducing Swelling

- Use an ice pack (or a bag of frozen peas wrapped in a soft cloth) on the side of your nose for about 20 minutes each hour while you're awake, for the first few days. This really helps with swelling and bruising.

Medications

- Keep taking your regular medications unless we told you otherwise.

- For pain, use your prescription pain medication if you need it, or Tylenol for milder discomfort. Always take pain medicine with food to avoid an upset stomach.
- If you take blood thinners (like Coumadin, Plavix, or Aspirin) please use as directed by prescribing provider.
- You can use saline nasal spray if your nose feels dry or crusty.

Activity & Rest

- Rest quietly at home for at least two days. Please have a responsible adult with you for the first 24 hours.
- Sleep with your head propped up on 2–3 pillows to help reduce swelling.
- Avoid heavy lifting, strenuous activity, or bending for at least 2 weeks, or until Dr. Gonzalez says it's okay.
- Don't drive if you're taking prescription pain medication.
- You can return to work or school when Dr. Gonzalez says you're ready.

Hygiene

- You can shower 24 hours after surgery, but be gentle around your eye.

Eating & Drinking

- Eat your regular foods and drink plenty of cold liquids to stay hydrated. Avoid hot foods and drinks for 24 hours.
- Please don't drink alcohol while you're taking pain medication.

A Few Final Thoughts

Healing takes time, and it's normal to have ups and downs. We want you to feel safe, cared for, and supported. If you're ever unsure about something, please call us-we're here for you. Your comfort and well-being matter to us.

If you have any questions or concerns at any time, please reach out to us.

Thank you for letting us be part of your journey to healing.