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Post-Operative Instructions for Dacryocystorhinostomy (DCR)

- ✓ Do not blow your nose for two (2) weeks to avoid causing new bleeding.
- ✓ You should avoid hot or spicy foods or beverages for two (2) weeks. These will cause the vessels in your nose to dilate and may prompt bleeding.
- ✓ You may resume taking your usual medications prescribed by your primary care physician before the surgery EXCEPT aspirin. You may resume your aspirin ten (10) days AFTER surgery.
- ✓ Apply prescribed ointment in a thin layer over the sutures twice a day for seven (7) days.
- ✓ Use prescribed ointment once a day for three (3) days after the sutures are removed.

For the fastest possible healing:

- ✓ Use ice pack to ice your incisions as much as you can tolerate while awake for the first 24 hours. You may use the ice pack the surgery center or the hospital gave you if you find this more comfortable.
- ✓ RELAX, Do not bend, stoop, lift or exert yourself for ten (10) days after surgery.
- ✓ Do not do any aerobic activities, swimming, or running for two (2) weeks following surgery.
- ✓ Do not take aspirin or aspirin-like products (Motrin, Advil, Alka Seltzer, Excedrin) for ten (10) days following surgery.
- ✓ Do not apply make-up or lotion to the incision. Use only the prescribed ointment.
- ✓ Bruising and swelling of the area operated on is normal.
- ✓ Increasing redness, swelling or bleeding is NOT normal.
- ✓ A minimal ache is common and should be relieved with Tylenol and ice.
- ✓ Moderate to severe pain is NOT common and you should call the office immediately at 520-576-5110. Please call if you have questions for Dr. Polonski or his Surgical Coordinator directly regarding your surgery procedure.

- ✓ For appointments or general information, please call 520-576-5110.