



## Procedure Information

### Syringing / Probing of Tear Duct

#### Introduction

Watery eyes are caused by the tear ducts becoming blocked or narrowed. Blocked or narrowed tear ducts is a most commonly problem in infants and usually resolves itself without treatment as the child grows. However, if the baby still has excess tearing after 6 to 8 months old with developed a serious infection or recurrent infections. Surgical treatment should be used to clear up the blockage.

#### Introduction

The procedure is an effective method in improving the symptoms of watering eyes.

#### Procedures

1. The procedure can be performed under general or local anaesthesia.
2. A thin and blunt metal probe is gently passed through the tear duct to clear up any obstruction that occurred. Sterile saline is irrigated through the duct into the nose afterward.
3. A very little discomfort may be experienced after the probing.

#### Possible Risks and Complications

1. Eyelid bruising
2. Nose bleeding
3. Pain
4. Stickiness
5. Failure to clear up the blockage, another surgical treatment may be required as necessary

\*\* The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all procedures are carried out with utmost professionalism and care, this does not rule out the possibility of complications arising.

#### Pre-procedure Preparations

1. Good hygiene can prevent surgical wound infection. Therefore, we advise you to clean up yourself on the day of procedure.
2. The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the procedure.
3. No food or drink six hours before the procedure. (For general anaesthesia only)

#### Post-procedure Instructions

1. After general anaesthesia, the baby / child / adult may:
  - experience discomfort in the throat after tracheal intubation.
  - experience side effects of anaesthesia including feel tired, drowsy, nausea or vomiting. Inform the nurse if symptoms persist or worsen.
2. Prescribed pain medication, antiemetic drugs and antibiotics may be taken as needed.
3. A normal diet may be resumed as instructed after recovery from anaesthesia.
4. The baby / child / adult can be discharged after normal diet is resumed.

## **Advice on Discharge**

1. The prescribed eye drops should be applied as instructed.
2. Please always remain hand hygiene and washing hands before and after using the drops appropriately.
3. Cotton wool dampened with cooled boiled water can be used to keep the eyes clean. Always remember the cleaning direction from inner to outer eyes.
4. Soap and water should be kept out of the eyes while showering or bathing.
5. The baby is suggested to wear the gloves in order to prevent scratching eyes.
6. Rubbing the eyes should be avoided.
7. Immediately consult your doctor or return to hospital for professional attention in the event of severe eye pain with redness and swelling, large amount of discharge with foul smell, shivering, high fever over 38°C or 100.4°F, or any other unusual symptoms etc.
8. Any follow-up consultations should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

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Compiled by Union Hospital Operating Theatre (OT) Governance Committee

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