

Surgery for Watery Eyes due to blocked Tear Ducts in Children

Information for Parents and Children

Princess Alexandra Eye Pavilion (PAEP)

Introduction

This leaflet provides you with information and advice regarding your child's forthcoming operation and what to expect afterwards.

What are Watery Eyes?

Watery and sticky eyes are common in infants. In most children, the watery eye problems gets better on its' own, usually by approximately 18 months of age. If it doesn't get better then a tear duct operation may be needed. This operation involves opening or stretching the natural tear ducts which are too narrow. The tear ducts open in the corner of the eye and drain into the nose.

The Operation

This operation is done by an eye doctor, called an Ophthalmologist and an Ear Nose and Throat doctor (ENT doctor). The Ophthalmologist opens the top end of the tear ducts near the eyes and passes a very small probe (narrow small tube) through the tear duct and into the side of your child's nose. Then, the ENT doctor looks up their nose with a special telescope to make sure that the tear duct is open. They then squirt some orange fluid down, using a syringe to make sure that the tear duct is open.

Sometimes it is necessary to put a small plastic tube into the tear duct and leave it in place for several weeks. A small dissolving stitch may be used to hold the tube to the edge of your child's eyelid. The tube often falls out on its own or can easily be removed in the clinic.

After your Child's Operation

While there is no cutting involved in this operation, it is still quite common for your child to have some blood-stained tears or some bleeding from their nose in the hours after their operation. This usually happens only on the day of their operation.

Your child may be uncomfortable and may need some pain relief for the first few days. Calpol (paracetamol) and/or ibuprofen syrup are suitable for pain or discomfort.

Keeping your Appointment

If you cannot keep your appointment, or have been given one that is unsuitable, please change it by phoning the number on your appointment letter. Your call will give someone else the chance to be seen and will help us keep waiting times to a minimum.

Public Transport and Travel Information

Bus details available from:

Lothian Buses on 0131 555 6363 www.lothianbuses.co.uk

Traveline Scotland on 08712002233 or www.travelinescotland.com

Train details available from:

National Rail Enquiries on 03457 484 950 or www.nationalrail.co.uk

Patient Transport

Patient Transport will only be made available if you have a medical/clinical need.

Telephone **0300 123 1236** *calls charged at local rate up to 28 days in advance to book, making sure you have your CHI Number available. Hard of hearing or speech Impaired? Use text relay: **18001-0300 123 1236*** (calls charged at local rate). To cancel patient transport, telephone 0800 389 1333 (Freephone 24 hr answer service).

Interpretation and Translation

Your GP will inform us of any interpreting requirements you have before you come to hospital and we will provide an appropriate interpreter. This leaflet may be made available in a larger print, Braille or your community language.

Contact Telephone Numbers

Ward E2 (Princess Alexandra Eye Pavilion) 0131 536 1172