

What should I do if I have any further questions?

You can contact your clinician using these details.

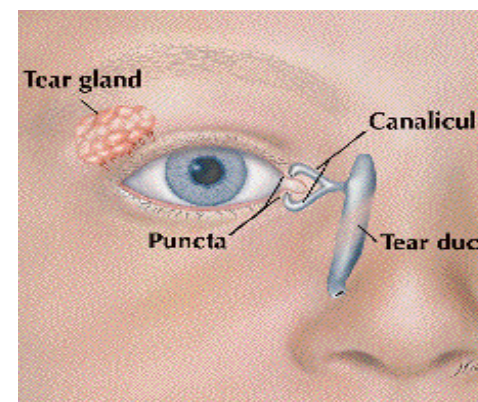
Name of your clinician:

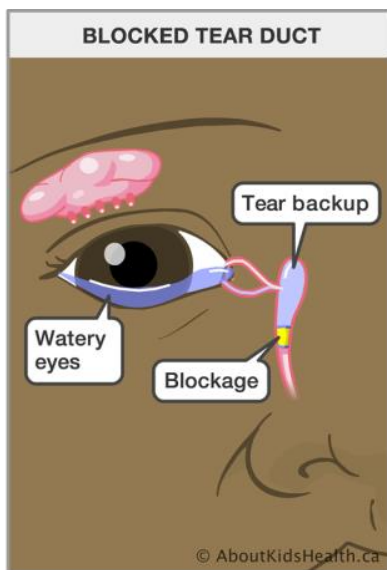
Orthoptic Department
Princess Alexandra Eye Pavilion
Chalmers Street
Edinburgh
EH3 9HA
Tel: **0131 536 3765**

If you have been seen at the
Royal Hospital for Children and
Young People, please also use
the contact number above.

Orthoptics Department
OPD 1, St. John's Hospital
Howden Road West
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EH54 6PP
Tel: **01506 524284**

Blocked tear ducts in children





Introduction

Tears are produced in the lacrimal gland and drain from the eye via the puncta (one located in the upper eyelid and one in the lower lid). The tears then eventually drain into the nose via a structure called the nasolacrimal duct or tear duct.

What are watery eyes?

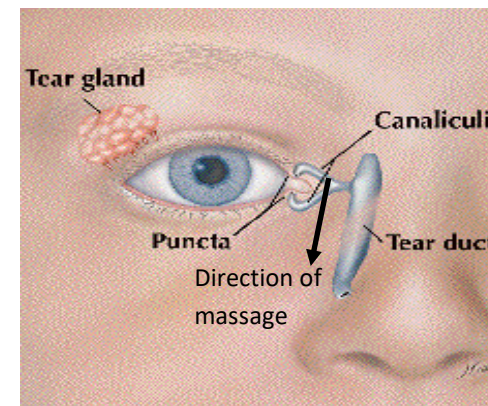
Watery and sticky eyes are common in infants and can occur if the nasolacrimal duct hasn't completely opened. The typical cause is an blockage of the opening into the air passage of the nasal cavity.

In most children, the watery eye problem gets better on its own, usually by approximately 18 months old.

Is there anything I can do to help my child's tear ducts to open?

Ensure that your child's eyes are kept clean, and you can also massage the duct to help it clear. The steps to follow are as described on the next page.

1. Ensure that your hands are clean before the procedure
2. Starting from the inner nasal corner of the affected eye, gently apply pressure (this will prevent tears from exiting through the puncta)
3. With your finger stroke downwards firmly (to increase the hydrostatic pressure within the lacrimal sac which encourages the opening of the valve)
4. This can be done 10 times, twice a day.



If my child's tear ducts are still blocked even after massaging, is there any other treatment needed?

A tear duct operation can sometimes be offered if your child's blocked tear duct doesn't resolve naturally or with massage. This operation involves passing a small probe into the puncta to open and stretch the natural tear ducts which may be too narrow. A separate leaflet with more information is available and can be requested from your clinician. This operation is not usually performed before 1 year of age.