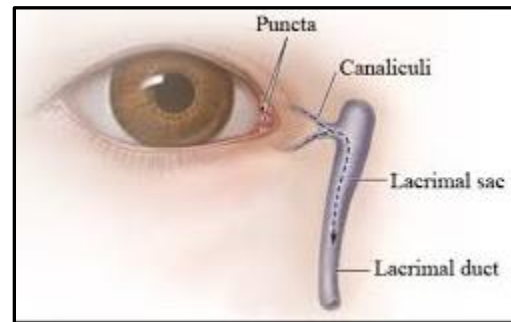


Punctal 3-snip

There is a small hole at the inner corner of the upper and lower eyelids. These holes are known as puncta. The puncta are one of the structures responsible for collecting tears which then drain away into the nasal passages. If the puncta are too small, tears will be unable to drain away properly. This results in a watery eye. Tears may even spill over onto the cheeks causing soreness and irritation to the skin.



A 3 snip procedure is a minor operation on the lower puncta, to make the holes slightly larger. This means tears can drain away more effectively after the operation. Up to three small cuts ('snips') are made into the skin surrounding the puncta, usually on the lower eyelid. Sometimes the surgeon may flush some water through the tear duct to check if the puncta has opened sufficiently. You may feel this in the back of your throat. No stitches are required. You will have a follow-up appointment a few weeks after the procedure to assess if it has been successful. Typically the procedure takes about 10 minutes.

All operations have some level of risk.

There are some common effects of the surgery, which normally settle gradually:

- Bleeding from the wound: this should settle within a few hours
- Bruising and swelling of the eyelids: this should settle within a few days
- Infection
- The puncta may scar and become small again, or sometimes may close completely. Further surgery may be needed to correct this
- In some cases, the blockage may be further down the tear drainage system, and this operation will not resolve the problem. This may require a different operation; your doctor will discuss it with you if this arises.

Post-Operative Instructions:

- You will be provided with a prescription for Tobradex eye drops. These are used in the eye(s) operated on, one drop four times a day for at least one week.
- You will need to be lighter activity for the next week. No straining, bending below the waist, or lifting over 10 pounds.
- Use some cold compresses on the area for the next two days to help with any post-operative swelling.
- It is normal to still be tearing until all the swelling has gone down.

A follow-up will have been scheduled for you if necessary at Mitchell Eye Centre
Sometimes follow-up can be done with your referring doctor if you are from out of town.

Date: _____ Time: _____

Mitchell Eye Centre

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