

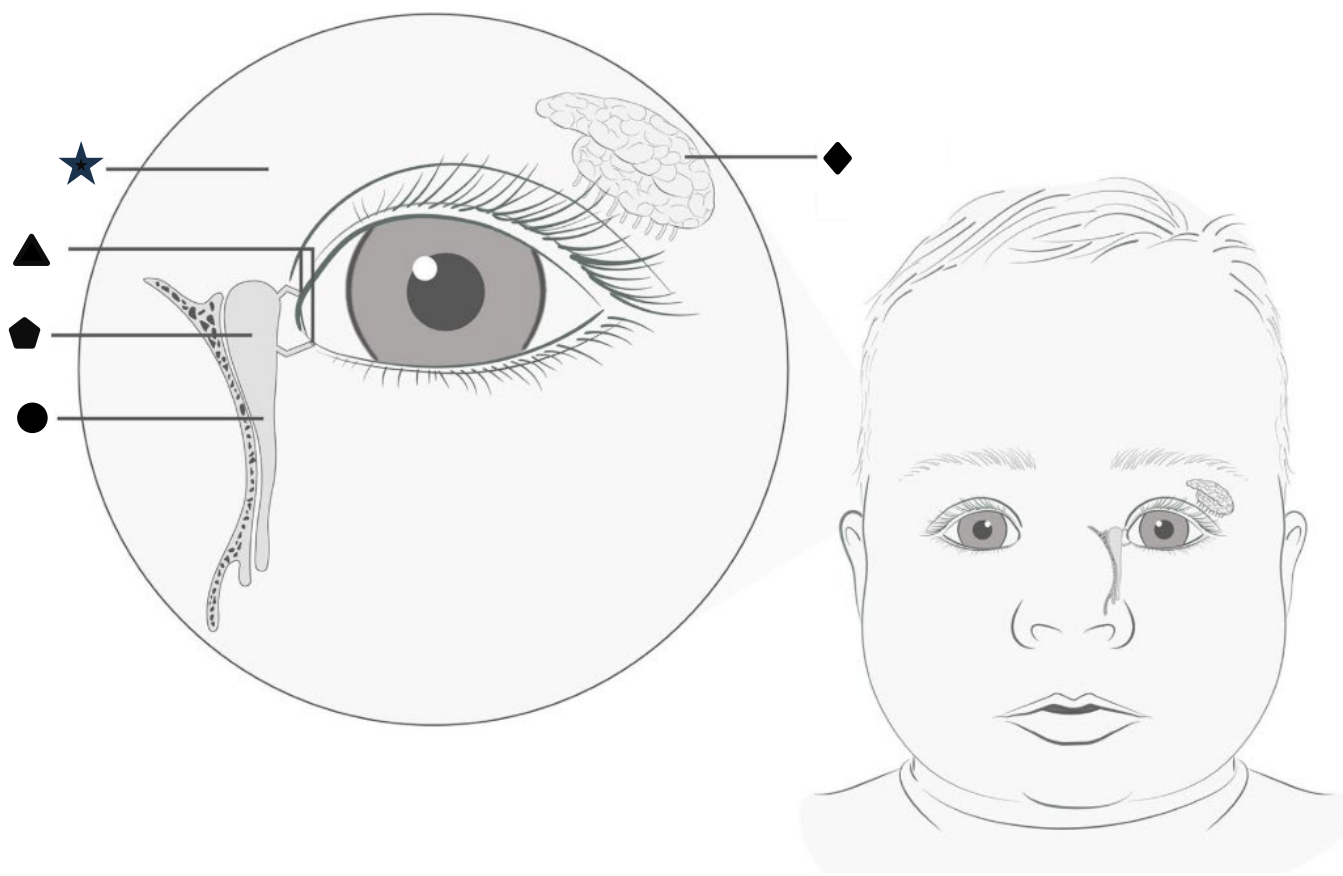
Information for patients and carers

Nasolacrimal Duct Block



What is the nasolacrimal duct?

Tears are produced by the lacrimal (tear) gland to clean and protect the eyes. They are taken away by the puncta, which are small holes in the corners of the eyelids. They then flow through the canaliculi as pictured and into the lacrimal sac. The nasolacrimal duct connects the lacrimal sac to the nose. Tears flow through the nasolacrimal duct, into the nose and are swallowed at the back of the throat.



★	Canaliculus
▲	Punctum
⬠	Lacrimal sac
●	Nasolacrimal duct
◆	Lacrimal Gland

What is nasolacrimal duct block?

Sometimes the nasolacrimal duct does not fully open after birth. This means that the tears cannot drain into the nose and so the eye becomes watery and sticky. This can affect one or both eyes. It is a problem affecting 6-20% of babies.

How is it treated?

Most cases can be treated at home with massage and good eye hygiene as detailed on the next page. Around 90% of patients will resolve spontaneously by the age of 18 months and most by 12 months.

If the symptoms do not go away by the time your baby is one year old, your doctor may recommend further treatment.

Nasolacrimal massage

1. Wash your hands.
2. Use your index (first) finger to massage down from the corner of the eye to the corner of the nose.
3. Repeat step 2, completing 10 downwards strokes.
4. If the other eye is affected, wash hands and repeat the massage for the other eye, again completing 10 downwards strokes.
5. Repeat this process once more during the day so that you have completed 10 strokes, twice a day for each affected eye.

You need to be quite firm with the massage. Your baby will probably not enjoy this. Try to do it at a time when your baby is distracted, such as playing in the bath or feeding.

Keep the eyes clean by cleansing with cotton wool and sterile water (cool boiled water). Wipe gently from the inner corner of the eye outward.

Wipe each eye once with a new cotton ball for each eye.

When to see your GP

If your baby's eye becomes more red than normal or the tears become stickier or change colour, they may have conjunctivitis.

This is inflammation of the eye and could be caused by infection.

Your GP may prescribe eye drops for your baby.

Remember...

1. Nasolacrimal duct block is not uncommon.
2. Massaging the affected eye twice a day is the best treatment.
3. It is also important to keep both eyes clean.
4. Most cases will resolve without the need for further treatment.

Contact details

Should you require further advice or information please contact the Orthoptic team on **01772 522417** (Monday to Friday between 8.30am to 4.40pm).

If the Orthoptists are not available when you call, there is a 24-hour answerphone where you may leave a message.

Orthoptic Department:
Broughton Suite (near the main entrance),
Royal Preston Hospital,
Sharoe Green Lane,
Preston.
PR2 9HT

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

www.squintclinic.com

www.orthoptics.org.uk/patients-and-public/

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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**.

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Our patient information group review our new leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

patientexperienceandinvolem@LTHTR.nhs.uk

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