

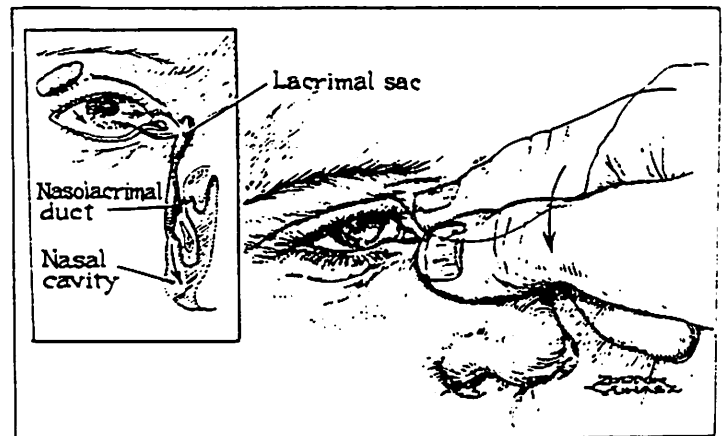
NASOLACRIMAL DUCT STENOSIS

Nasolacrimal Duct Stenosis is a common condition in infancy. This condition refers to a congenital obstruction of the channel (the nasolacrimal duct) from which the tears of the eye are drained into the nose. The obstruction causes the tears to not be drained properly, and the baby appears to have excess tears and runny eyes. Actually, it's not an excess of tears, but an improper drainage of tears. Sometimes an infection can set up in the eye and you'll see drainage of yellowish or whitish pus.

In a few instances of Nasolacrimal Duct Stenosis, the obstruction opens by itself and no treatment is necessary. In the worst cases, the duct needs to be opened by a surgical procedure. However, surgery on the duct may be averted by the parent's early use of a simple exercise. Our goal is to try and do the best we can without having your child undergo surgery.

TREATMENT:

- 1) **EXERCISE.** Pressure to force the fluid through the nasolacrimal duct may be exerted by pressing the thumb over the inside corner of the eye against the nose and rolling your thumb downwards against the side of the nose (as illustrated in the picture to the right). You may see pus come out of the duct and go back into the eye. If you do, your child may need antibiotics. Care should be taken to not touch the eye with your thumb or thumbnail. This should be done at least 4 times a day.
- 2) **ANTIBIOTICS.** If it appears that your child has an infection of the eye or the duct, I will prescribe antibiotic drops or ointment for the eye to be given 4 times a day. If infections re-occur, antibiotics may need to be restarted.



DURATION OF TREATMENT:

The vast majority of these obstructions can be fixed by the exercise and a little bit of patience. Because a high percentage of these fix themselves by one year of age, I prefer not to send the child for surgical correction until one year of age. However, if you want it done sooner, I would advise at least one month of the exercise prior to surgery.