**EPIPHORA OR ADULT WATERING EYE**

What is Watering Eye

Watering eye can be the result of excessive dryness, which leads to discomfort of the eye followed by a reaction of over tear production and watering. This has to be ruled out before looking for and treating cause of true watering of the eye (epiphora).

What causes Watering Eye

We will examine why an eye waters to assess whether the tear film level is higher than it should be. We will also examine the lower lid draining punctal opening to ensure it is not closed or in the wrong position.

Also pressure on the lacrimal sac, at the side of the nose, might cause some regurgitation of fluid or infected material.

Syringing of the Duct

Syringing of the duct is a useful test and is done sometimes following stretching or temporary dilating of the lower eyelid punctum (opening as shown in “B” and “E” above). This lets us know whether fluid passes into the throat or is blocked somewhere down the channel or nasolacrimal duct.

If I need an operation, what happens next?

If the punctum is small it can be operated on using three very small incisions a small piece of tissue is removed and this is known as a three-snip procedure. This is a minor procedure.

If the punctum is not placed properly then it may be necessary to carry out some cautery to the inside of the lid or even do a lid tightening operation.

If this is all in working order but there is a blockage further down the nasolacrimal duct then a dacryocystorhinostomy (DCR) operation must be considered. This is particularly important if there has been infection in the tear sac.

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**The Tear System:**

A) Tear gland/ Lacrimal gland
B) Superior lacrimal punctum
C) Superior lacrimal canal
D) Tear sac / Lacrimal sac
E) Inferior lacrimal punctum
F) Inferior lacrimal canal
G) Nasolacrimal canal

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