

How do patients who go through dacryocystorhinostomy experience the postoperative phase, and how did they prepare themselves for the surgery and recovery?

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Abstract

Background: Day surgery is used as a form of treatment in more than half of all elective surgery. Extensive literature and research is available surrounding patients' experience with day surgery in general. However, literature to describe how patients undergoing eye surgery and/or dacryocystorhinostomy in local anaesthesia experience the procedure pre- and postoperative, as well as being responsible for self care during the recovery period was limited.

Purpose: The aim of this study is to describe how patients undergoing dacryocystorhinostomy experience the postoperative phase, and how they prepared themselves for surgery and recovery. Our wish is to gain insight into the pre-, per- and postoperative needs of these individuals, note the challenges they had to overcome during the recovery and establish how treatment can be optimized.

Method: A qualitative method was used to collect data, we carried out a semi-structured interview with four respondents. The interview was conducted 3-7 days after surgery, they were later transcribed and analysed.

Results: The findings show that the respondents were poorly prepared for surgery and recovery, their postoperative time at home was challenging due to insecurity. Being awake during the procedure left them with emotional wounds. Although the respondents coped well with self-care at home, it was not without challenges. It seems like the challenges faced by these individuals is a result due to a lack of information, which is a key topic of the study.

Conclusion: There is room for improvement when it comes to distribution of information and follow-up of these patients. Specific information about preparations, the procedure, and the postoperative phase needs to be provided to this patient group. This can have a big impact on recovery after day surgery. We conclude that these findings inform us about the needs of this specific patient group, but the study can also clarify the needs of day surgery patients in general.