

**St. Teresa's Hospital
Eye Centre**

**Patient Information
Method of Tear Duct Massage**

1. Clean your hands and keep nails trimmed.
2. Place your thumb or forefinger on the skin over inner canthus of the affected eye.
3. Exert gentle pressure inwards over lacrimal sac in order to express secretions out of the conjunctival sac and increase pressure inside lacrimal sac.
4. Press downward with pressure
5. Repeat 5 - 10 strokes.
6. Do the massage 3 - 4 times a day for several weeks or as instructed by your eye doctor.



Reference

1. D.Shivpuri and A Puri (1994) Congenital Nasolacrimal Duct Obstruction: The Proper Technique of Massage.
Indian Pediatrics 3, 337-340
2. https://www.researchgate.net/figure/Criglers-sac-massage-technique_fig1_274291769