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Probing in adults with Nasolacrimal Duct Obstruction

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Purpose: To investigate the efficacy of probing in adults suffering from epiphora due to nasolacrimal duct obstruction. **Methods:** In the Oculoplastic Division of the Department of Ophthalmology, Cerrahpasa Medical Faculty, a retrospective study was conducted on the efficacy of probing and irrigation of 72 lacrimal systems in 60 adults with nasolacrimal duct obstruction in which epiphora was the only symptom. At follow-up, the procedure was considered successful if the epiphora had been resolved or reduced to an acceptable level for at least 6 months, and if the lacrimal system was patent on irrigation. **Results:** The study comprised 44 females and 16 males with a mean age of 48.15 ± 12.85 (19-70 years). They had been suffering from epiphora for 1 to 60 (mean 18.47 ± 17.54) months. The treatment was successful in 69.44% and 77.78% of the patients following the first and second probing, respectively. The follow-up period was 6-48 (mean 920 ± 7.03) months. **Conclusion:** Because of its low morbidity rate, as well as its ease and low cost, probing can be recommended as an outpatient procedure in the initial treatment of adults with nasolacrimal duct obstruction.