



**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.*

**Helping Hand™**

*Health Education for Patients and Families*

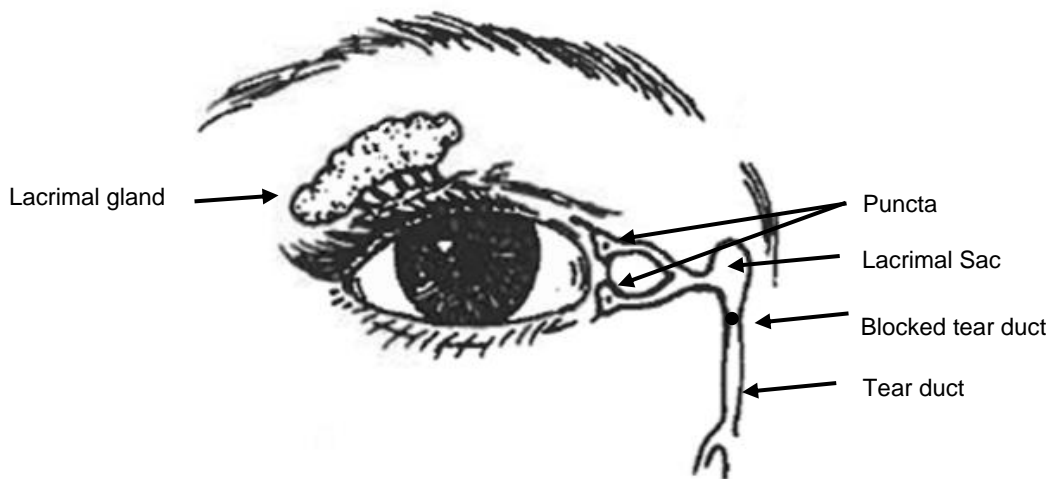
## Eye: Tear Duct Massage

Tears are made in the tear glands, also called lacrimal glands, located above the eyeball under the bone (Picture 1).

1. Tears flow from the lacrimal gland into the eye through little tubes in the eyelid.
2. Each time you blink, tears wash the eye and then flow towards the nose.
3. They drain into 2 tiny holes (puncta) on the inside corner of each eye.
4. After that, tears drain into the lacrimal sac.
5. Then they go through a tube (the tear duct) and into the back of the nose.

If the tear duct gets blocked, tears overflow onto the child's face. It may look like the eye is watering all the time or that the eye is infected. There may be clear or yellowish goop or crusts on the eyelids and eyelashes.

Tear duct massage can help open the blocked duct so tears can flow through it.



**Picture 1** The lacrimal gland makes tears. Tears drain across the eye, into the tear ducts, then empty into the back of the nose.

## How to Massage the Tear Duct

1. Wash your hands with soap and warm water before **and** after the massage.
2. Place the tip of your index finger against the side of your child's nose, in the corner of the eye with the blocked tear duct (Picture 2).
3. Press firmly and move your index finger in short downward strokes 3 to 5 times.
4. Repeat these steps 3 times each day – morning, noon, and night.

Your child may also need eye drops. The doctor or health care provider will give you instructions on what, how, and when to use them.



**Picture 2** Move your finger down your child's face to massage the tear duct.