

6th International Conference on Optometry

10th International Conference on Eye and Vision

June 12-13, 2025 | Webinar

Outcomes of nasolacrimal intubation in children aged 1 to 8 years

Shafaq Najmi, Ambreen Yousaf, Sumaira Altaf, Najia Uzair, Rebecca Murtaza, Adila Anwar

Al-Shifa Trust Eye Hospital, Pakistan

Objective: To evaluate the outcomes of nasolacrimal duct (NLD) intubation in children aged 1-8 years having congenital nasolacrimal duct obstruction (CNLDO) and to compare success rates among different age groups.

Study design: Retrospective-Observational study.

Place and duration of study: Al-Shifa Trust Eye Hospital, Rawalpindi. March-October 2023.

Patients and methods: A total of 187 eyes from 162 pediatric patients aged 1–8 years who underwent NLD intubation were included. After exclusions, 156 eyes were analyzed. Patients were categorized into three age groups: Group A (1.1 to <3 years), Group B (3 to <5 years) and Group C (5 to 8 years). Success was defined by both subjective (resolution of tearing and discharge) and objective criteria (negative regurgitation test). Statistical analysis was performed using SPSS (Version 23.0) and intergroup comparisons were made using the Chi-square test.

Results: The overall success rate of NLD intubation was 68.59% with younger children demonstrating higher success

rates. Group A had the highest success rate (83.67%) followed by Group B (64.86%) and Group C (58.93%), with a statistically significant difference ($p = 0.0385$). Complications occurred in 25 cases; tube extrusion (7 patients), cheese wiring of the puncta (5 patients), mucocoele, nasolacrimal fistula, and chronic dacryocystitis (1 patient each).

Conclusion: This study highlights that nasolacrimal intubation is more effective in younger children. The findings suggest that early intubation might prevent the need for multiple surgeries and reduce complications.

Biography

Dr. Ambreen Yousaf is a dedicated ophthalmologist at Al-Shifa Trust Eye Hospital in Rawalpindi, Pakistan. She specializes in the diagnosis and treatment of various eye conditions, providing compassionate, evidence-based care to her patients. Committed to preventing avoidable blindness, she actively participates in outreach programs that serve underserved communities. Her work supports Al-Shifa's mission of delivering accessible and affordable eye care across Pakistan. With a strong focus on clinical excellence and patient education, Dr. Yousaf continues to enhance her skills through ongoing professional development and contributes to research initiatives aimed at improving eye health outcomes at both local and national levels.