

Patient Information – Care advice after intravitreal injections

Department of Ophthalmology

Introduction

The purpose of this leaflet is to explain care advice after having intravitreal Injections. It will also help remind you of instructions which the doctor or nurse may give. Please feel free to ask any further questions you may have.

After the intravitreal injection

- For few days, especially at the injection site, the white of your eye may be slightly red and uncomfortable. This is normal and, if you have any discomfort, you can take painkillers.
- It is common to experience irritability, burning, scratchy sensation, and tearing as the days pass. You can use over-the-counter lubricant eye drops or ointment from your local pharmacy to soothe the eye.
- Apply lubricant eye drops or ointment **as needed** to ease any pain or discomfort after the injection.
- You **should** continue using any other eye drops you normally use, unless the doctor instructs you otherwise.
- You may experience blurry vision in the injected eye and experience floaters (black spots/bubbles) for a few days after your injection. This is common and should go away within a few days.
- **Avoid** rubbing/touching your injected eye for at least a few hours after the injection.
- **Do not** wear eye make-up for a few days after the injection.
- **Do not** drive for 24 hours after your injection.
- You can have a shower or bath as usual, but for the next 24 hours you should **avoid** getting soap/shampoo in your eyes.
- You can watch television and read as normal.

Urgent care

If you experience sudden loss of vision, decreased vision or severe pain, visit the Urgent Eye Clinic during opening hours detailed overleaf, or attend your nearest Emergency Department (A&E).

If you need to go to the Urgent Eye Clinic, opening times are:

- Monday to Friday, 9am - 7pm (closed Bank Holidays)
- Saturday: 9am - 12:30pm
- Closed from Saturday after 12:30pm until Monday at 9am

Contact details

If you have any concerns or require any further information, please telephone:

01438 286222 – Choose **option 3** for advice

Office opening hours are Monday to Friday, 9am - 4pm

If you need attention when the Urgent Eye Clinic is closed, please attend your local Emergency Department (A&E) or Urgent Care Centre.

