

Post Intravitreal Injections Aftercare Advice

What is the leaflet about and who is it for?

This leaflet is for anyone who have just undergone an intravitreal injection in one or both eyes and it is about some side effect you might experience and some advice post care.

Common side effects

1. The practitioner or ophthalmic doctor used Iodine Povidone to clean and disinfect your eye/eyes with and, once the anesthetic drops have wore off, you might experience **red, watery and gritty eye**; those symptoms might be unpleasant and last one or two day (usually it gets better by the next day); to relieve those symptoms you could use some lubricating eye drops (preferably if preservative free), but just be aware **to use a new bottle (not open) in order to reduce the risk of infection**.
2. You might see a blob in your vision (transparent, black, blue, red, etc) after the injection; that is the drug that has just been injected or a small bubble of air that will disappear on its own in a couple of hours (if this continues for

7 days or increases in size contact the department).

3. Sometimes people feel mild discomfort once the anesthetic wears off, pain relief can be taken and will not interact with the treatment.

Uncommon side effects

1. Some people might experience high level of pain post injection; that might have been caused by a scratch on the cornea/conjunctiva during the procedure or the touch of a nerve with the needle; if that occurs take some painkillers and use lubricating eye drops as necessary; it usually gets better the day after your injection, your eye might feel bruised for a couple of days; If the pain does not go away contact the Macular Service or go to ED (out of hours).

DO'S

1. Continue with your daily activity (reading, watching tv, using computer etc.) but nothing too tiring for the day.
2. Shower, but pay attention that no water is splashed back into your eyes.

3. Driving – you may drive the following day, providing your vision meets the legal DVLA requirements.
4. Use your regular eye drops if single use or a new bottle, otherwise skip a dose the day of your injection (this is for the eye that has been injected).
5. Use a clean tissue to wipe your eye if it is watering – use that tissue once and just for one eye and discard afterwards.

ALWAYS REMEMBER TO WASH YOUR HANDS.

DONT'S

1. Do not rub or touch your eyes after the injection.
2. Avoid getting tap water in your eyes when washing for 2 days.
3. Do not wash your hair for a couple of days.
4. Do not go swimming, do gardening, wear make up or contact lenses for at least 5 days.

If up to 4 weeks following your injection your eye becomes **redder, painful, swollen, sensitive to light and you notice a significant drop in vision, please contact the number below immediately as this might be an indication of infection**

Macula Office (Mon-Fri).....**01392 406052**

On Saturdays (9am-5pm)...**01392 404955**

Sundays & Out-of-Hours.....**111**

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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