

Caring for your eye after injection

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at rduh.pals-northern@nhs.net.

This leaflet contains advice for you after your intravitreal injection procedure in the macular clinic. It also contains contact details for the macular team.

Exmoor Unit

The Exmoor Unit is an eye department at North Devon District Hospital.

Our telephone number is 01271 322770.

What to expect after your injection

Your eye may feel quite gritty for 24 – 48 hours after the injection. This sensation should get continually better as time goes on. We can provide dry eye drops and/or ointment after the operation which you can apply if the grittiness persists.

Blobs or small specks in your vision (floaters) may be seen after the injection. This should not affect your vision and will disappear in a few days. The specks are usually tiny air bubbles in the syringe that are impossible to eliminate, even in the most experienced hands. They remain in the medication even after it's injected into the eye.

Post-operative instructions following your injection

You should not wear a mask for 48 hours.

You should not rub your injected eye.

You should not wash your face and hair or shower for 48 hours.

You should not swim for a week after the injection.

You may be given a follow-up appointment after the injection or course of injections, or a 'vision and scan' will be performed on the day and reviewed virtually. You will receive a letter with the next course of action.

Please continue to use any other eye drops you are currently using, which were prescribed by your ophthalmology doctor. Please use a fresh bottle of these drops for the injected eye.

Signs of possible complications

We ask you to ring us urgently if your eye feels worse instead of better as time goes on. The following conditions – especially if they occur after 48 hours – can be warning signs of a complication:

- sensitivity to light or eye pain
- blurred vision
- a red eye (a localised red patch of haemorrhage at the injection site is normal)
- floaters or flashes that are getting worse or a dark shadow or curtain from above or below
- A rare but important warning sign is a milk-like fluid level in front of your iris (the coloured part of your eye)

If any of the above warning signs occur, please contact us on 01271 322577. Ask for the 1st on-call senior house officer (SHO) or registrar in ophthalmology department to assess you over the phone or if necessary in A&E. You would need to specify that you had an intravitreal injection into the eye and that you have detected warning signs that you wish to report. If in doubt, always insist to be assessed on a slit lamp microscope.

Further information

If you have any other general questions or concerns, please ask any member of the medical or nursing team or contact the Exmoor Unit on **01271 322770**, Monday to Thursday 9am to 6pm, Friday 9am to 1pm.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

Tell us about your experience of our services. Share your feedback on the Care Opinion website www.careopinion.org.uk.

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