



Advice following an eye injection

This leaflet gives advice following an injection to treat your macular condition and includes important contact numbers.

What to expect following your eye injection

- The white part of your eye is likely to be red. This is normal and should settle in a week or two.
- The injected eye may be tender for day or two but should not get more painful. Any pain or discomfort can be relieved by taking any mild painkiller such as Paracetamol.
- Your eye may feel gritty and watery – You can buy lubricating / dry eye drops over the counter that can help to settle these symptoms.
- You may see some floaters / blobs / spots in your vision immediately after your injection or later. It is usually 24 hours for the larger blobs to disappear and a few days for the specks to diminish.

Things to avoid

- Rubbing or touching the treated eye
- Swimming for a week
- Mascara for a week

Occasionally, the following symptoms may be the early start of an infection:

- Your eye sight deteriorates or becomes more misty
- The injected eye becomes increasingly red all over, painful or a deep ache starts in the eye socket
- Floaters increase in number and density

If any of these symptoms occur go to your nearest Eye Casualty or Emergency Department (A&E).

Contacting us

RBH and PCEU: Appointments only and non-urgent queries: 0118 322 7169 or email rbb-tr.cat2@nhs.net.

If you have a minor eye problem, please seek advice from your GP, optician or pharmacist. If urgent, please attend Eye Casualty or call 111.

Eye Casualty (Reading):	Mon-Fri 8.30am to 5pm; Sat & Sun & bank holidays 9am-12.30pm; Closed Christmas Day and New Year's Day.
Eye Casualty: Prince Charles Eye Unit (Windsor):	Mon-Fri 8.30am to 5pm; Sat 8.30am-12.30pm; Closed Sun & bank holidays.

Patient responsibility

- You will be required to be on long-term management once you commence treatment with injections.
- Your next appointment will be sent out by the administrative team before the next scheduled appointment if not already made. If you have not heard anything nearer to the time please contact the department.
- If you need to rearrange your appointment, you must phone the department and arrange this well before the scheduled time.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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