

## Advice following an eye injection

This leaflet provides 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 will feel gritty and watery – we will give you some comfort drops to take home.

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

## Eye injection aftercare advice

- Floaters increase in number and density

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

### Contact details

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

- Appointments only and any non-urgent queries: 0118 322 7169 – Option 5.
- Diabetic appointments only: 0118 322 8382.

### Patient responsibility

- You will be required to be on long term management once you commence treatment with injections.
- As a result you must always make sure that you have an appointment each time before leaving the department.
- If cancelled or rescheduled you must phone the department and ask for your appointment before the scheduled time.

This document can be made available in other languages and formats upon request.

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