



Intra Vitreal Injection - Discharge Information

This information sheet has been prepared to help you to understand your recovery following your eye injection.

What to do:

- Please continue taking any existing eye drops prescribed. A fresh bottle of medication is advisable following injections

What not to do:

- **Do not** rub your eye or wear any eye make-up for 24 hours following injections.
- **Do not** wear contact lenses for at least 2 days after your injection.
- **Do not** splash water into your eye/eyes for 48 hours.
- Wash your hair as normal, however **avoid** soap in the eye as this will cause irritation and you may experience discomfort.
- **Avoid** vigorous physical exercise for 24 hours.

What to expect after your procedure:

- You may experience mild discomfort, grittiness, and/or redness in the eye for up to 48 hours following the injection. This is quite normal, lubricating the eye may offer relief
- Over the counter artificial tears can be obtained from your local pharmacy.
- Blurring of vision is common immediately post-injection; this is often described as 'seeing spots floating in the eye'. The floaters usually resolve after a few days to a week. If this persists or causes concern, please contact the department.

If your eye becomes red and more painful, or your vision becomes progressively worse, you should seek help.

Endophthalmitis Alert

You must contact the hospital **immediately** if you have any of the following symptoms:

- **Redness** of your eye (increasing compared to immediately after your operation)
- **Sensitivity** to light
- **Vision** becoming worse/more blurred than prior to your surgery
- **Pain** not resolved by usual pain relief

Emergency Contact Details:

University Hospitals Birmingham between 07:30- 5pm Monday to Friday

1.Solihull Hospital: 0121 424 4456

2.Good Hope Hospital: 0121 424 9667

3.Queen Elizabeth Hospital Birmingham: 0121 371 2000 ask for QE eye injection bleep

After 5pm Monday to Friday and at weekends please contact:

Eye Emergency Department
Birmingham & Midland Eye Centre,
City Hospital Western Road,
Birmingham B18 7QH.

Telephone: - 0121 507 4440

After 7pm Monday to Friday and after 6pm Saturday/Sunday:

Accident and Emergency Department
Dudley Road,
Birmingham B187QH

Telephone: - 0121 507 4770

Or attend your local A & E department.

If you are having a course of treatment, you will have been given of a follow up appointment for a further injection/s.

As we monitor your response to treatment you will receive a letter advising on the management plan following your injection within two weeks

If you have not heard or received an appointment in three weeks, please call the waiting list co-ordinator at your hospital on:

Solihull / Heartlands: 0121 424 4612

Good Hope: 0121 424 5481 / 0121 424 5173

Queen Elizabeth: 0121 371 6899

Accessibility

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