



Intra –Vitreous Injection - Discharge Information

This information sheet has been prepared to help you to understand the procedure you have received and what to expect whilst recovering from this.

What not to do:

- You should not rub your eye or wearing any eye make-up for 24 hours
- Please do not wear any contact lenses for 2 days after your injection.
- Wash your hair a day before your injection and wear clean clothes on the day.
- You should not immerse your eye/eyes in water for 48 hours
- You should avoid vigorous physical exercise for 24 hours
- Please continue taking any existing eye drops/medication prescribed.

What to expect after your procedure:

You may have mild discomfort and redness in the eye for 24 to 48 hours following the injection, which is quite normal. Your vision may be mildly blurred; some 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.

You should not rub your eye. You should avoid immersing your eye for 48 hours. You should avoid vigorous exercise for 48 hours, thereafter; you can resume your normal life.

If you are having a course of treatments you will be told when to attend for your next injection or you will be given a follow up appointment for either a review in clinic or a further injection. If you have not heard or received an appointment in 4 Weeks; please call the waiting list Co-ordinator on:

Solihull: 0121 424 4612

GHH 0121 424 5481

0121 424 5173

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: Contact us: 7.30am – 5:30pm

Information for Patients

Emergency number:

Medical/Retinal Nurse: (Clinical Nurse Specialists Injectors)

Heartlands: 07776648546: CNS

Solihull: 07778257607: CNS

Good Hope: 07778255303: CNS

Solihull and Heartlands: 07776648546: CNS

After 5pm and at weekends: Please contact 0121 507 4440

After 7pm Monday to Friday and after 6pm Saturday/Sunday 0121 554 3801

**Eye Emergency Department: Birmingham & Midland Eye Centre, City Hospital
Western Road, Birmingham B18 7QH; remembering to take the
Endophthalmitis Alert card.**

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.