



# Intravitreal injection: aftercare advice

## Information for patients from Ophthalmology

The following instructions are for patients following an intravitreal injection. They explain:

- how to look after your eye following your injection
- what side effects to look out for, and
- what to do if you have any concerns.

### How do I look after my eye once I arrive home?

Following your injection you are given an ocular lubricant to take home with you.

- **The lubricant should not be kept in the fridge.** Keep it out of direct sunlight with the lid tightly closed.
- You should only use the lubricant if your eye is uncomfortable or irritating.
- You can use the lubricant up to three times each day.
- Pull down your lower lid and squeeze the lubricant into the space you have created. Use the lubricant for three to four days, if needed.



**Do not rub or touch your eye without washing your hands first.**

### Will I have any side effects after my injection?

- Your vision may be blurred to start with. However, you should be able to count your fingers in front of your face straight after your injection.

- Floaters in your vision are common, and sometimes appear as very clear round balls. These will settle after a few days.
- Your injected eye may be tender for a day or two, but should not get very painful.
- Your eye may be bloodshot at the site of your injection. This is not dangerous and will settle within a few days.
- Occasionally there may be some blood on the white of your eye. This will settle down in one to two weeks.

### When should I ask for urgent advice?

If you have any of the following symptoms, please contact the **Urgent Eye Clinic at William Harvey Hospital on 01233 616232**. If they are unavailable, please go to your nearest Emergency Department.

- Your injected eye becomes increasingly red with increasing pain.
- Your eyelid becomes swollen.
- Your vision rapidly deteriorates (gets worse).
- Floaters in your eye increase quickly in number and density.
- A dark curtain effect forms across your central vision.

Do not worry if you have any of the following. These are normal symptoms and will settle.

- Your eye looks bloodshot at the injection site.
- There are small floaters / bubbles in your vision for a couple of days.
- Your eye feels irritated and / or gritty.

### When can I drive following my injection?

Do not drive for a few hours after you have had your injection. You can drive again when your vision returns back to what it was before you had your injection. The legal driving requirement is that you can read a car registration plate at a distance of 20.5 metres.

### Can I fly following my injection?

Yes. There is no restriction for flying after an intravitreal injection.

### Useful contacts

- Macular Society (<https://www.macularsociety.org/>)  
Telephone: 01264 350 551  
Email ([info@macularsociety.org](mailto:info@macularsociety.org))

- Kent Association of the Blind (KAB) (<https://www.kab.org.uk/>)  
Telephone: 01622 691357  
Email ([enquiry@kab.org.uk](mailto:enquiry@kab.org.uk))

**This leaflet has been produced with and for patients.**

**Please let us know:**

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

**You can let us know this by:**

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

**Any complaints, comments, concerns or compliments**, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email ([ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)).

**Patients should not bring large sums of money or valuables into hospital.** Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

**Further patient information leaflets** are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

Reference number: Web 127

First published:  
May 2013

Last reviewed:  
August 2024

Next review date:  
December 2027



Illustrations and Photographs created by the Medical Photography Department.

Copyright © East Kent Hospitals University NHS Foundation Trust.