

Patient information factsheet

Intravitreal anti-VEGF injection treatment Aftercare

You have had an intravitreal anti-VEGF injection in your eye today.

Anti-VEGF injections are used to treat conditions that can cause abnormal blood vessels to leak under the retina (the layer of cells at the back of your eye).

These conditions include:

- wet age-related macular degeneration (AMD)
- diabetic macular oedema
- retinal vein occlusion.

Most people tolerate anti-VEGF injection treatment well, but if you have any concerns, your healthcare professional will be pleased to discuss them with you.

After the injection

- Do not rub or touch inside your eyes. Excessive rubbing of the eye soon after an injection can cause an abrasion (scratch or scrape).
- Do not swim or wear contact lenses for 2 days.
- You may shower and wash, but take care not to get any splashes of water or shampoo near your eyes.

Eye pain, aching and discomfort

It's normal to experience mild pain or discomfort once the anaesthetic wears off.

This can be helped by taking over-the-counter pain relief such as paracetamol.

Redness/blood spot spot at the injection site

You may have a spot of blood (called a subconjunctival haemorrhage) on the white part of the eye at the injection site is common following an intravitreal injection. It usually clears up within a week.

Black spots and floaters in your vision

It's normal to have a few black spots or floaters in your vision after an injection. These usually disappear within a few days. If you notice new floaters and flashing lights, please contact eye casualty.

Dry, gritty sensation

Anti-VEGF injections can cause dry, gritty sensation in the eye.

We normally provide lubricating 'dry eye' drops to take home after the injection to ease this. You can also buy the gel from your local pharmacy.

If you choose to use the lubricating eye drops, these can be used as often as you feel is needed and must be discarded 28 days after opening.

When can I return to my usual activities?

You will usually be able to resume your normal activities immediately following an eye injection.

Please continue taking any existing eye drops and medication prescribed.

When to seek medical advice

The symptoms below are **not normal** after eye injections, and you should call the Eye Emergency triage line immediately if you experience:

- Severe, constant pain
- Significant decrease in vision
- Severe, constant floaters
- Curtain or veil in your vision
- Red, sticky eye.

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If you have any concerns once back home, please contact:

Monday to Friday

8am to 7pm

Southampton Eye Emergency triage line on 023 8120 6592

7pm to 8am

Contact NHS 111

Saturday, Sunday and Bank Holiday

8am to 6pm

Southampton Eye Emergency triage line on 023 8120 6592

6pm to 8am

Contact NHS 111

If you have a query about an appointment, please contact:

Macular AMD team: **023 8120 8467**

Diabetes team: **023 8120 6754**

Further information

Follow-up care is very important. We will send you your next appointment in the post. Please ensure you attend.

For further information about the medicine used in your treatment please see the Patient Information Leaflet (PIL) supplied or ask the person performing your injection.

Southampton Eye Unit
University Hospital Southampton NHS Foundation Trust
Southampton General Hospital
Tremona Road
Southampton
SO16 6YD

Useful links

www.nhs.uk/Conditions/Macular-degeneration/Pages/Treatment.aspx

www.macularsociety.org/ www.rnib.org.uk/eye-health

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