

## Eye Unit: Retinal Services

# Discharge Advice Following Your Intravitreal Injection

Drops	10am	12pm	2pm	4pm	6pm	8pm	10pm or till bedtime
<b>Carmellose 1% Day 1</b>	√	√	√	√	√	√	√
<b>Day 2</b>	√	√	√	√	√	√	√

**Please obtain a repeat prescription from your GP for your next injection**

Instil drops 2 hourly on the day of the injection and the following day. The times stated are a guide only. These are lubricating drops to keep your eye moistened and comfortable after exposure to the disinfectant, which is the “nasty stuff”, essential to minimise the risk of infections. You may adjust the frequency of Celluvisc to more or less frequent use according to how comfortable is your eye.

- Do not rub your eye for 24 hours
- Expect your eye to be red and gritty for a few days due to the disinfectant
- Expect your eye to be a little painful. Take painkillers to relieve this
- If you see black bubbles or spots after the injection these will disappear after a few days



## Patient Information

- ☑ Make sure to wash your hands before using your eye drops
- ☑ Ensure that you keep your eye drops in a clean cupboard
- ☑ Use clean tissue to wipe your eye
- ☑ Avoid swimming for a week
- ☑ Avoid the use of eye make up for a few days

### **Attend casualty or ring for advice if your eye:**

- ☑ Is very painful or if the pain increases the day after the injection instead of being less painful
- ☑ The eye is sticky and you notice a coloured discharge
- ☑ You notice a shower of black spots or a shadow /cobweb in your vision

## **Useful Contacts**

**UHCW Eye Casualty Tel 024 7696 6627** Open from:

Monday to Thursday	8.30am – 4.30pm
Friday	8.30am – 4.00pm
Saturday	8.30am – 12.00noon

**Outside these hours attend the Accident and Emergency Department at UHCW**

**UHCW Specialist Retinal Nurse: Jasbir Mann**

Telephone 024 7696 4000 (main hospital number) ask for bleep 2828 and stay on the phone to be connected

Patient Information

## **Hospital of St Cross, Rugby**

**Macular Degeneration Co-ordinator:** Vicky Lacey

Telephone 01788 663338

### **Secretary to Sergio Pagliarini:**

Telephone 024 7696 6496

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7674 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

#### **Document History**

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