

## Ophthalmology

# Discharge advice following your Intravitreal Injection

**After your first injection we will give you a small supply of lubricating eye drops which will make your eye moistened and more comfortable after the procedure. We will write to your GP to tell him what to prescribe for you for future injections.**

**Please get a repeat prescription from your GP for your next injection.**

Please put one drop into the injection eye every 2 hours on the day of the injection and the day after. You can use the drops



## Patient Information

more or less often to keep the eye comfortable and you can carry on using them after the two days if you need to.

Cellus an 1%	8 am	10 am	12 pm	2 p m	4 p m	6 p m	8 pm	10 p m
Day 1	√	√	√	√	√	√	√	√
Day 2	√	√	√	√	√	√	√	√

## Instructions following your injection

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

- ☑ Make sure that you keep your eye drops in a clean cupboard Make sure to wash your hands before using your eye drops
- ☑ Use a clean tissue to wipe your eye
- ☑ You should not swim for a week after the injection
- ☑ Avoid the use of eye make up for a few days
- ☑ Do not wear contact lenses for one week
- ☑ If you are prescribed eye drops for Glaucoma it is important that you use these as normal before and after your injection appointment. Please allow 10 minutes between instilling your glaucoma drops and the lubricating eye drops.

**If you notice any of the symptoms below please get in touch with us;**

- Pain that is getting worse
- Redness that is getting worse

- Worsening of your vision, as if a curtain or cobweb is coming down over your vision
- Increase of floaters with or without flashing lights

## **Useful contact numbers are:**

Retinal Specialist Nurses;

Phone the UHCW switchboard 024 7696 4000 and ask to speak to Sister Jasbir Mann on bleep 2828 or Mac Calica on bleep 5836 and stay on the phone until you are connected

Mr Manjunatha/Mr Pagliarini secretary **024 7696 649**

**Rugby St Cross**

Vicky Lacey **01788 663338**

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**

Department: Ophthalmology  
Contact: 27674  
Updated: January 2022  
Review: January 2024  
Version: 2  
Reference: HIC/LFT/1359/12

# **Emergency eye appointments: new booking system**

If you have an urgent eye problem, you can now book an on-the-day telephone consultation via the Eye Emergency Referral Service (EERS).



**Scan the QR code or visit [uhcw.nhs.uk](http://uhcw.nhs.uk) and search Eye Emergency Referral Service. The link here will let you book a telephone consultation.**

You will be spoken to by an expert clinician who will give you specialist advice on the next steps to take.

Please provide a phone number which you can be contacted on for the consultation. Please also be aware that you will be phoned as close to the allotted time as possible, although at busy times unfortunately there may be a delay.

**In the event that you feel you cannot wait to speak to someone or do not have online access then you may call 0247 696 4800.**

**This phone line is open 9am - 1pm; 1.30pm - 5pm (Monday - Friday, excluding bank holidays) and 9am - 12pm (Saturday).**

In the event of an eye emergency out of hours, please attend the Minor Injuries Unit/Emergency Department. Please only attend the Eye Outpatient department if you have had a telephone consultation in advance and have been advised to attend.