

Eye Unit: Retinal Services

Posterior sub-tenons injection

What is this?

This is used as a treatment for certain eye conditions which cause 'water logging' or swelling at the back of the eye. A special steroid called triamcinolone acetonide is injected into the capsule which surrounds the eyeball, using a tiny needle. The drug is not injected directly into the eye. This drug is not licensed to be used in the eye, but many studies have shown it to be an effective treatment for eye conditions like yours. This injection is increasingly being used to help quickly and effectively stabilise vision for certain eye conditions and may be combined with other available treatments.

What is the benefit of the injection?

The dose of steroid is much smaller than if you were prescribed steroid tablets. This means that you are not going to experience any of the usual side effects of steroids such as weight gain, increased blood pressure, osteoporosis, and the development of diabetes or stomach ulcers.



Please note: You must not drive after receiving this injection.

Please arrange for someone to come with you or collect you on the day of the procedure.

You are advised to eat and drink normally prior to having the procedure. Please take your medication as prescribed unless you are told not to.

Why is it performed?

This procedure is usually performed because you have swelling or water logging at the back of the eye which needs to be reduced quite quickly. The injection is able to deliver the steroid directly to where it is needed and will hopefully speed the recovery of your eye.

What are the risks involved?

The effects of this injection are not permanent and can wear off. Another injection may be required.

The most common side effect from this injection is that the pressure in the eye will increase. This is why your pressure is checked before, and 4 to 6 weeks after the procedure.

It maybe an uncomfortable procedure but should be no worse than having an injection into the arm.

Patient Information

Less common complications from the injection are:

- Raised pressure within the eye
- Early cataract formation
- You may have an allergic reaction to the drug, but this is rare
- You may notice that your eyelid droops slightly following the injection, this usually resolves after a short time

You will need to return in a few weeks (it may be up to 6 weeks, depending on your consultant's request) to have the pressure rechecked and to monitor your progress.

What happens when you arrive in the department?

This procedure may be carried out in the Outpatients Department or in the Ophthalmic Day Theatres. You will be told where you need to go on the day that the procedure is prescribed.

- Your vision will be checked.
- Dilating drops will be put into your eyes.
- You will be asked about any allergies you might have, and we will want to know what medications you are taking.
- The consultant or specialist nurse will ask you to sign a consent form to say that you understand the procedure and that you wish to have the procedure done.

Patient Information

- Eye drops will be put into your eye to numb the front of your eye and to make the procedure more comfortable.
- You will have a cotton bud soaked in numbing drops, placed under the eyelid over the area where the injection will go and you will be asked to look down.
- A few drops of an iodine based antiseptic solution will be put into your eye to reduce the risk of infection.
- After about five minutes the doctor will come to administer the injection, which is injected into the tissue around the eyeball, not directly into the eye. You will be asked to look down whilst the doctor raises your eyelid. Sometimes a small clamp device (speculum) will be used to help you to keep your eye open during the procedure.
- The injection will be given into the area just above the eye ball and may last a few seconds. You may experience a pricking sensation.
- The doctor will examine your eye before you can go home.

How long does the procedure take?

The injection takes a few seconds. The whole procedure from start to finish will take about 20 minutes. You will have this done in the Outpatients Department or in the Eye Theatres. Once you have had your final examination you will be able to leave the department.

Throughout the same day:

- Your eye may feel swollen or heavy and you may experience some discomfort from the injection site, but this should pass. Take your usual pain relief if you feel you need it. **Avoid rubbing the eye for the first hour**, because it will have been desensitized by the numbing drops for a short time after the procedure.
- You will be given antibiotic eye drops to be instilled into the eye that has had the procedure **four times a day for four days**.

If you experience any pain or worsening in the condition of the eye, please contact:

Emergency eye appointments: new booking system



Scan the QR code or visit uhcw.nhs.uk and search Eye Emergency Referral Service with University Hospital, Coventry.

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.

Patient Information

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).

Please only attend the Eye Outpatient department if you have had a telephone consultation in advance and have been advised to attend.

Out of hours there is a reduced emergency eye service available via the Accident and Emergency Department.

Useful contact numbers are:

Retinal Specialist Nurse, Sister Mann (Jas) **024 7696 4000** (switchboard) and ask them to bleep **2828** or Macarthur Calica on bleep **5836** and stay on the phone until you are connected

Mr Manjunatha/Mrs Mukherjee : **024 7696 6496**

Mr Pagliarini secretary: **024 76 966497**

Rugby St Cross

Vicky AMD injection co-ordinator **01788 663338**

Diabetic injection co-ordinator **01788 663992**

The Trust has access to interpreting and translation services. If you need this Information in another language or format, please contact 024 7696 6474 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Patient Information

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.



Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback

Document History

Department:	Ophthalmology
Contact:	26474
Updated:	November 2022
Review:	November 2025
Version:	6
Reference:	HIC/LFT/680/08