

Intravitreal Injections – Aftercare and Advice

It is important that after your eye injection you read, keep and follow these instructions in order to minimise your risk of developing complications, for example, infection.

Following an injection:

- Avoid touching your eye
- Avoid splashing any water in the eye for three days
- Only use a clean, disposable tissue around the eye area
- DO NOT touch the eye area with old tissues/handkerchiefs
- Ensure you use a fresh bottle of any drops you regularly use (e.g. for glaucoma or dry eye).
- Wash your hands regularly.
- Avoid eye makeup for three days, and on the day of your next visit.

Should you experience any of the following symptoms after your injection, it is important to call our triage team for advice: **Worsening of your vision, a very painful eye, a very red eye.**

York: 01904 726 758 Monday to Friday, 9am – 5pm

Scarborough: 01723 342 215 Weekdays after 5pm,
Weekends and Bank Holidays

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact your Ophthalmology Department, The York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 631313 or Scarborough Hospital, Woodlands Drive, Scarborough, YO12 6QL, telephone 01723 368111.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services. PALS can be contacted on 01904 726262, or email pals@york.nhs.uk. An answer phone is available out of hours.

Please telephone or email if you require this information in a different language or format

如果你要求本資訊以不同的語言或版式提供，請致電或發電郵

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

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01904 725566

email: access@york.nhs.uk



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Owner
Date first issued
Review Date
Version
Approved by
Document Reference

Andy Robinson, Advanced Specialist Practitioner
March 2020
February 2022
1 (issued March 2020)
Andy Robinson, Advanced Specialist Practitioner
PIL 1426 v1

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