

Instructions Following Intravitreal Injections

You have just received an injection into the eye for the purpose of treating your retinal disease.

In order to prevent infection, our doctors use povidone iodine solution to sterilize and remove any bacteria from the surface of your eye. Our staff carefully rinses the iodine from your eye, but redness, achiness, irritation and a sense of burning may still occur and is common after the procedure.

In order to soothe these symptoms, frequent lubrication with a new clean bottle of artificial tears every 30 minutes to 1 hour can help. Alternatively, placing ice packs on your eye intermittently for 10-15 minutes at a time or resting with your eyes closed can also ease the irritation.

Subconjunctival hemorrhage or redness on the white part of the eye is also common. During the injection, small blood vessels on the surface of the eye can bleed and appear as a bright red spot on the eye. This 'bruise' can spread to cover most of the white of the eye, especially if you are on a blood thinner such as aspirin, but it will NOT affect your vision. Depending on the size, the red spot may take several days to several weeks to resolve. This does not require any further treatment.

Oftentimes, you may see a few small floaters that move in the bottom half of your vision. This is from the medication that was injected into the eye and may take several days or even a week or more to resolve. This does not require any further treatment.

Please call the office if you experience significant worsening of your vision or severe eye pain starting 1-5 days following the injection. These symptoms may be the first signs of a serious eye infection, a rare condition.