

Post Injection Instruction Sheet

Keep your eye clean and avoid dusty, dirty, and windy environments for 48 hours.

Do not get any water in your eye for at least 48 hours, including in the shower. Do not swim or use a hot tub for at least 48 hours.

Do not rub your eye. **If the eye feels irritated, use a fresh bottle of artificial tears to lubricate and soothe the eye.**

Avoid travel outside of Canada for at least 4 days after an injection. In the extremely rare event that a complication develops, it is important that you have prompt access to medical care.

If you take medication eye drops in the injected eye, you may restart them the day after your injection.

What to expect and when to seek medical care

It is normal following an injection to experience some aching or irritation in the eye. Most of this irritation is actually due to the drops used to sterilize and numb your eye for the procedure. Symptoms should subside within 12 to 24 hours. If pain persists longer than this, please contact our office.

It is also common to notice some bleeding and redness on the white part of the eye after an injection. This is harmless to the eye but can take 7-10 days to resolve, during which time the eye should be painless.

It is extremely rare to develop an infection inside the eye (endophthalmitis) after an injection. However, it is very important to identify this complication as soon as possible if the following symptoms develop. Symptoms include worsening pain (past the initial 24-48 hours), progressive reduced vision, worsening light sensitivity, and worsening redness or discharge from the eye. Please contact our office immediately at 403-258-1773 or seek medical care if any of these symptoms develop.

Finally, several studies have investigated injections in the eye and shown them to be safe for your general health. Nonetheless, because these medications influence blood vessels, there is a theoretical risk of stroke, heart attack, blood clots in the legs or lungs, or gastrointestinal side effects. If symptoms develop that suggest any of these conditions, please seek immediate care at your nearest emergency department.