

**Eye Pavilion triage desk**  
**Mon-Fri 8:30-16:30**  
**0131 536 3751**

**E2**  
**Evening and weekends**  
**0131 536 1172**

**OPD1 St John's**  
**01506 524286**

# After your eye injections

Patient information leaflet



Department of Ophthalmology  
The Princess Alexandra Eye Pavilion  
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Edinburgh,  
EH3 9HA

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Howden Road West  
Howden  
Livingston  
West Lothian  
EH54 6PP

## What to expect after an eye injections?

As the local anaesthetic wears off it is normal for your eye to feel gritty, uncomfortable or watery and the white of the eye may be red after the injection. This should settle within one or two days. There may be a red dot on the white of the eye where the injection was given and again this will settle within a day or two.

Sometimes a tiny air bubble can be introduced into the eye during the injection. This appears as a round dark floater in the centre of your vision. Do not be alarmed as this will become smaller and should disappear within 48hrs.

Please do not rub your eye after the injection as there is a risk of causing a scratch to the surface of the eye whilst the numbing drops are still working.

Some patients notice floating dots, flashing lights or shapes after the injection, these should gradually fade in the next two days.

All of these symptoms should improve on a daily basis.

## What you can do to make your eye more comfortable?

- If necessary, you can take some painkillers. Something you normally take for a headache should be fine
- Lie down and rest
- Lubricating eye drops.

## What if I have any problems?

If you are concerned or worried about anything after your injection, contact us on any of the numbers listed on the back of this leaflet

## If you experience

- Increasing pain/ache in the eye despite taking a simple pain killer
- Pus or discharge
- Worsening red eye
- Deteriorating vision

Please contact the department immediately via the phone numbers listed overleaf. These symptoms may be a sign of infection which is a serious complication.

## Please remember

There are no special precautions following your injection. You will be able to travel, but please do not fly for the first 24 hours. And avoid getting water into your eye if possible. You should also avoid swimming for the first few days.

## Interpretation and Translation

This leaflet can be made available in larger print, Braille or your community language.