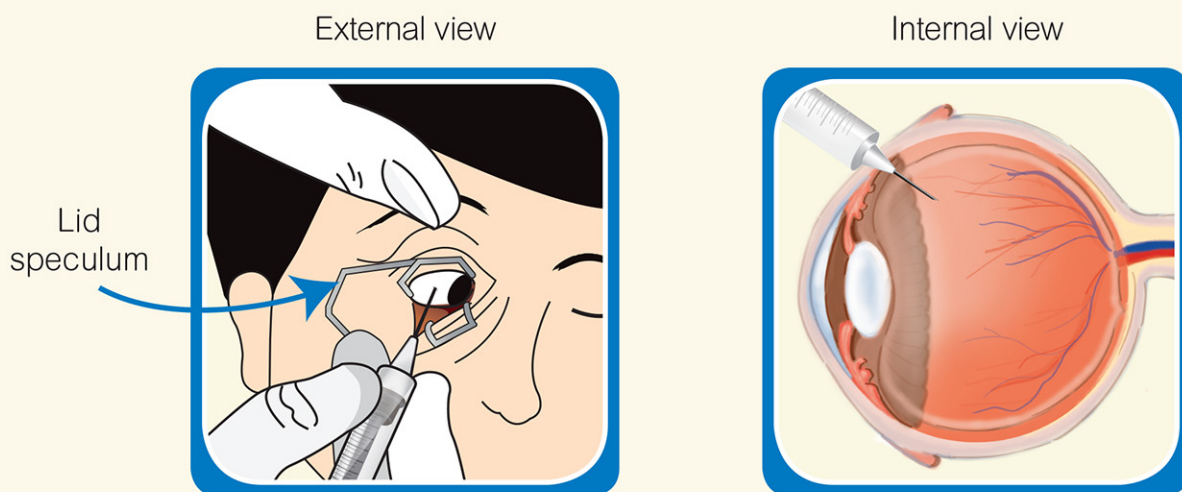


Intravitreal Therapy (IVT) Post-injection Care & Advice

Patients with vision-threatening retinal diseases like wet age macular degeneration (AMD), diabetic retinopathy/maculopathy, retinal vein occlusion (RVO) can lose central vision when abnormal blood vessels bleed and/or fluid leak (edema) under the retina layers (back of the eye).

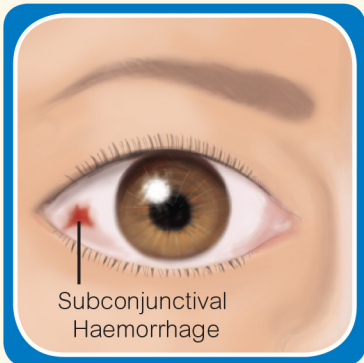
The common treatment for these eye conditions is to perform intravitreal injections (IVT) using anti-vascular endothelial growth factor (VEGF)* and/or steroids**. The drugs are injected into the back of the eye and will be repeated according to doctor's order.

This IVT injection will be performed by trained injectors who are specifically trained to deliver this delicate injection.



After the IVT injections, there are some common symptoms and signs that patient may encounter. Vision loss due to this treatment is uncommon.

Common Symptoms & Signs



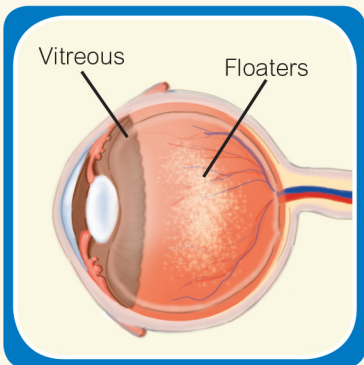
1 Subconjunctival Haemorrhage or Red Eye

There is usually redness on the white part of the eye at the point of injection which is due to slight bleeding. The redness may increase in size and can be left alone as it will clear in a week or two.

Subconjunctival haemorrhage can increase in size over one to two days.

Can take up to two weeks to clear:

- No need for eye drops
- Vision is normal
- This is harmless



2 Bubbles / Floaters

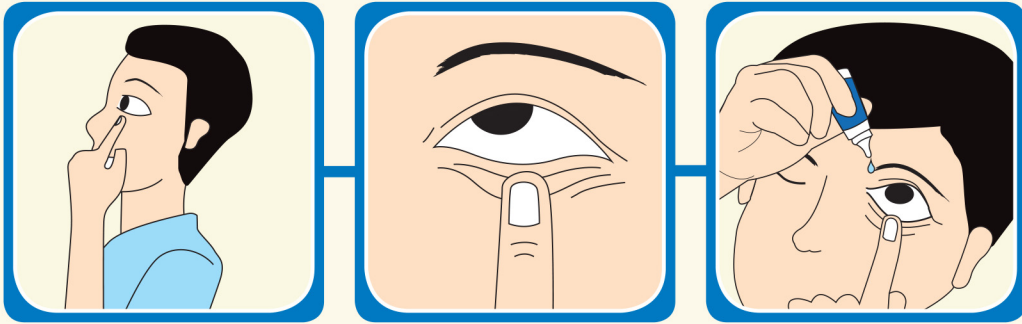
- You may see “bubbles” in the eye for a few hours after the injection.
- These bubbles are due to air trapped within the injection fluid.
- Floaters observed are due to the movement of the jelly within the eye (vitreous) and may be seen after the injection. These can be observed for a few weeks.



3 Sore and Gritty Eye

You may experience slight discomfort and foreign body sensation in the eye. This may last for a day or two. This is due to the cleansing agents used to sterilise the eye and is used to prevent infection. Some people are more sensitive to these agents than others and may take up to a few days to feel comfortable again.

DO's



1

Apply eye drops (if prescribed)



2

Wear sunglasses when outdoors (if needed)



3

Travel is allowed



4

Can watch TV



5

Can do computer work



6

Shower / bathe but avoid water entering eye (1 day)

DON'Ts ❌

Things not to do on the injection day



1

**Don't rub /
press on eye**



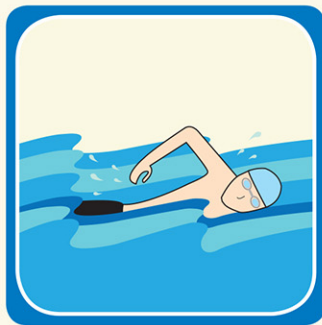
2

**Don't splash water
into the eye**



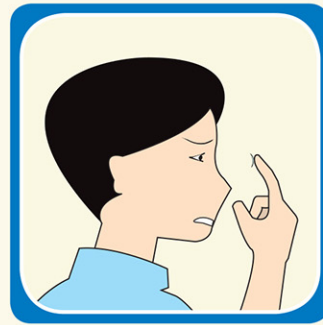
3

Don't drive



4

Avoid swimming



5

Avoid wearing contact lens

IMPORTANT INFORMATION:

- Contact SNEC immediately* if you develop any of the following signs or symptoms:
 - Pain
 - Blurry or decreased vision
 - Sensitivity to light (photophobia)
 - Redness of the eye (prolonged or worsening following injection)
 - Discharge from the eye
- For further assistance, you may contact the following numbers:
 - During office hours at 6227 7266 (Appointments)
 - During office hours at 6421 8518 (Retina Centre, DMC)
 - After office hours at 6532 4865 (Answering Service)

*You may need to be seen earlier to exclude any possible infection.

For urgent consultation after office hours, Sundays and Public Holidays, please proceed to Singapore General Hospital Accident and Emergency Department (SGH A & E), located at Block 1.

Singapore National Eye Centre

11 Third Hospital Avenue, Singapore 168751

Appointments: (65) 6227 7266 Email: appointments@sneec.com.sg Website: www.sneec.com.sg