



Post-Injection Instructions

Care After an Intravitreal Injection

For the First 4 Days

1. **Do not touch or rub your eye.**
2. **No eye makeup.**
3. **No swimming,** and keep water out of your eye.
4. **Use artificial tears 4 times a day.**
 - Recommended brands: Systane, Genteal, or Refresh.
 - Use **preservative-free** artificial tears more often if you need them.

Keep your eye closed for 60 minutes right after the injection.

Comfort

- Some pain and discomfort on the day of the injection is **normal**.
- You may take **Tylenol or Motrin** as needed.
- Over-the-counter artificial tears such as **Systane or Genteal** may be used **every 2 hours** for comfort.
- If drops alone are not enough, **Refresh PM ointment** may also be used. Ointment can blur your vision temporarily, so many patients prefer it at bedtime.

What Is Normal Afterward

- **Redness on the white of the eye** at the injection site. This can last from 1–2 days up to a week.
- **Floaters, or a bubble in your vision that moves around.** This usually disappears within a day or two.
- Mild irritation or a scratchy feeling.

⚠ Call the office immediately if you have:

- A **significant decrease in vision**
- **Pain that persists beyond 24 hours**, or pain that is getting worse
- New **flashes of light**
- A sudden increase in **floaters**

Call our office: 847-488-1030 • For a medical emergency, call 911.

For Your Next Visit

- Bring your own **PRESERVATIVE-FREE** artificial tears to use during your visit.
- Bring a headband or hair clip to hold your hair back during your visit.

If you have any questions or concerns, please don't hesitate to contact our office.