

Patient information

Helpful reminders for injection patients

Eye Treatment Centre
Suffolk NHS Foundation Trust
Hardwick Lane, Bury St Edmunds, Suffolk IP33 2QZ
Tel: 01284 713000, www.wsh.nhs.uk

Please come to your injection appointment with clean eyes. Please avoid wearing make up.

Remember to bring your most up to date pair of **long distance glasses**. Check that they are clean.

If you have any eye infection/ discomfort in the days prior to your appointment please call the clinic before coming for your appointment. A health professional can then advise you and we may need to see you sooner. Equally, this may prevent possible wasted trips and lost appointments if treatment needs to be postponed.

If you are unable to make the appointment or are delayed on the day, please contact the clinic.

Please bring updated written details of any medication changes that you have had since we last saw you – and the reason that they have been made (change of dose, new medical condition).

To minimise the risk of infection please remember to avoid the following until **24 hours after your injection**:

- Touching the treated eye.
- Washing your hair (maybe wash it the day before your appointment).
- Splashing your face when washing.

For 3 days following the injection please do not wear eye make up or contact lenses. Please only recommence if your eye has fully recovered from the injection procedure.

Please do not go swimming or take part in water sports for **5 days following treatment**.

If you need to wipe around the eye, wash your hands and use a clean, disposable tissue— then throw it away. Be careful to keep tissue out of direct contact with your eye.

If you use eye drops, continue these but please make sure you have a new bottle to start using after your injection.

Please get in touch IMMEDIATELY if you notice any of the following:-

- Persistent flashing lights and worsening floaters or a shadow in your vision.
- Increasing pain, discomfort, sensitivity to light, or inflammation.
- Worsening vision.

Please note, - the odd floater and/or black dot after your injection should not cause concern. These should disappear within 24 – 48 hours

Mild to moderate irritation on the day of the injection is to be expected after the anaesthetic wears off.

Contact details - The Eye Treatment Centre

Telephone **01284 713933**

Monday – Friday 9.00am – 5.00pm

At the weekend and out of hours:

Telephone **01284 713000** and ask to speak with the ‘on call’ ophthalmic doctor.

Clinical research

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nsh.uk. This will in no way affect the care or treatment you receive.

Accessibility

If you require this leaflet in a different format, please contact the patient advice and liaison service on 01284 712555 or email PALS@wsh.nhs.uk

If you would like any information regarding access to our Trust services and facilities, please visit the website for Accessible:

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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