



Post Injection Care Instructions

Please follow these instructions after eye injections:

- Do not rub your eye after treatment.
- It is common to experience irritation similar to 'sand in the eye' which is related to the Betadine used to prep the eye.
- For mild to moderate pain or irritation, an over-the-counter pain reliever (i.e. ibuprofen) can be used.
- Over the counter preservative free artificial tears, also known as lubricating drops, can be helpful in alleviating irritation.
- Do not wear contacts for 1 week.
- No swimming for 1 week.
- It is okay to shower and wash your face. Keep your eyes closed to avoid getting water or soap in your eyes.

The following symptoms are COMMON:

- Blurry vision
- Tearing
- Mild floaters or bubbles in your vision
- Mild to moderate discomfort or irritation
- Gritty, "Sand in the eye" sensation
- Redness (sometimes this can cover the entire white part of the eye and last a few weeks)
- Bloody tears for 1 - 2 days after treatment



PACIFIC RETINA CENTER

The following symptoms are NOT NORMAL and are reason to call our office immediately:

- Severe, constant pain
- Worsening pain after the first day
- Significant decrease in vision
- Severe increase in floaters
- Curtain or veil in your vision

Please contact our office with any questions or concerns at (253) 236 - 5720.

Follow-up care is very important. Be sure to keep your scheduled appointment.