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ASSOCIATED RETINA SPECIALISTS, PLLC  
PATIENT EDUCATION · LARGE-PRINT EDITION



INTRAVITREAL INJECTION – PATIENT GUIDE



# Before & During Your Injection

SIDE 1 OF 2

What to expect before and during your procedure

PLEASE KEEP THIS GUIDE HANDY · ASK OUR STAFF FOR HELP ANY TIME

## 1 Before Your Procedure

-  **Please remain silent** during the injection. We ask patients not to speak so that no droplets are sprayed near the sterile field – this helps prevent infection.
-  **Hair & eyebrows:** Keep your hair pulled back from your face. Neatly trimmed eyebrows also help us maintain a clean, safe environment around your eye.

## 2 During the Procedure – Step by Step

- 1 Anesthetic drops** are placed on your eye to numb it completely. You should feel little to no pain.
- Your eye is **vigorously washed with iodine solution** to remove bacteria and reduce infection risk.
- A small **metal lid speculum** (eyelid holder) is placed to gently keep your eyelids open. You do not need to hold your eye open yourself.
- The **injection is given** into the eye. This takes only a few seconds.
- The **lid speculum is removed**. Your eye may be rinsed with cool saline to soothe any discomfort.



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# Recovery & What to Expect

SIDE 2 OF 2

After your intravitreal injection

● MOST SIDE EFFECTS ARE NORMAL AND TEMPORARY – READ BELOW FOR WHAT TO WATCH FOR

## 3 What to Expect After the Injection



### ● Surface Bleeding (Subconjunctival Hemorrhage)

A red patch on the white of your eye may appear, like in the photo. This is **not dangerous** – it is surface bleeding from the injection and fades within minutes to a few days.

### 🔴 Bleeding Inside the Eye

Occasionally blood appears inside the eye. This typically clears **within a few days** and is not alarming on its own.

### ● Black Bubbles in Vision

Dark bubbles in the lower visual field are air bubbles from the medication. They **disappear in 1–2 days** and are harmless.

### 🔥 Burning or Irritation

Rinse with **sterile artificial tears** – available at any pharmacy without a prescription. Do not rub your eye.



**Do NOT rub your eye after the injection – this is critically important to protect the eye and prevent complications.**

### 📞 Call Us Immediately If You Experience:

- ⚠ Eyelid swelling or increasing redness
- ⚠ Increased sensitivity to light
- ⚠ Vision that is getting worse
- ⚠ Any uneasiness or concern

#### 🚨 EMERGENCY – CALL US

**Call immediately if concerned**  
**(212) 604-9800**

*For urgent symptoms after your injection*

#### 💡 NON-EMERGENCY – TEXT US

**Questions? Send us a text**  
**(212) 604-9800**

*Same number – text for non-urgent questions*