

# 👁️ AFTER YOUR EYE INJECTION 💉

## What is normal? ✅

- Mild discomfort or aching once the anaesthetic wears off. You may take over-the-counter pain relief.
- A dry, gritty, or watery eye for 1–2 days. Lubricating eye drops can help (discard 28 days after opening).
- A red patch or blood on the white of the eye — this can look dramatic but is **harmless** and will clear over a week.
- Floaters, dots or bubbles in your vision (sometimes coloured). These usually settle within a few days.

## What to avoid ✗

To minimise the risk of infection, please keep your eye clean

- Do NOT rub or touch your eye for 2 days after the injection
- Avoid getting tap water, shampoo or soap in your eye for 2 days
- Do NOT swim, garden, wear makeup, or wear contact lenses for 2 days (some guidelines say up to 5 days — 2 days is safe and commonly used).

## What you CAN do 👍

- Normal daily activities such as reading, TV, computer work
- Driving the next day if your vision meets legal requirements
- Continue your usual eye drops/medications (use a new bottle if not single-use)

## When to seek urgent help – please contact me or the clinic

- Severe or constant eye pain
- Vision that becomes significantly worse
- Severe or increasing floaters or flashing lights
- A curtain or veil over your vision