

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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Steroid Injection for the Eye

Register using a self check-in kiosk in the main entrance of the Centennial or the Dickson Building, Victoria General site.

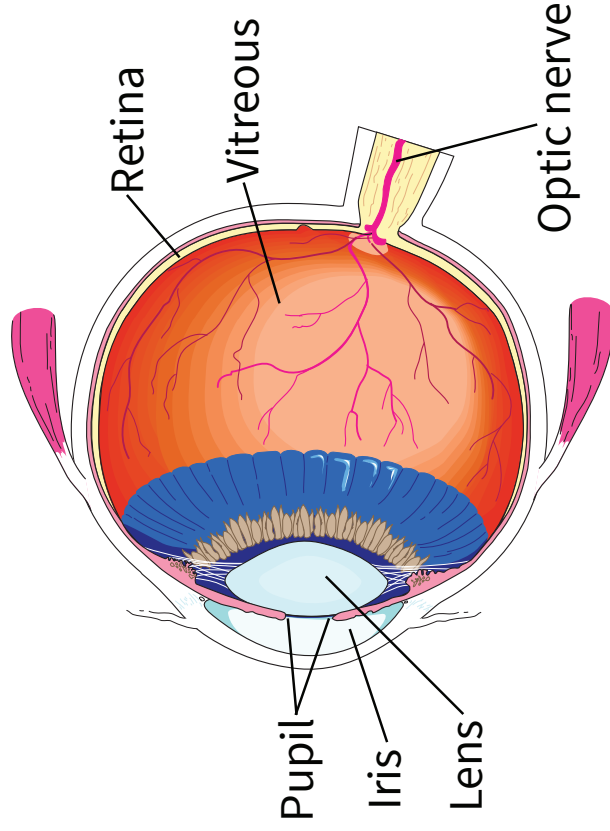
Next, go to the Eye Care Centre in the Centennial Building, 2A.

Aussi disponible en français :
FF85-1743

Steroid Injection for the Eye

Why do I need a steroid injection?

Steroid injections treat conditions that cause inflammation or swelling in the eye. Your eye doctor will talk with you about why you need this treatment.



Call your eye doctor right away if:

- › you have severe (very bad) pain or nausea (feel sick to your stomach).
- › you have severe swelling or unusual discharge (fluid or pus) around or near your eye.
- › you suddenly lose all or some of your vision.
- › your eye becomes red.

My eye doctor's phone number:

If you cannot reach your eye doctor, call locating at the Victoria General site at 902-473-2222 and ask to have the ophthalmology resident on call paged, or go to the nearest Emergency Department.

- Gently pull your lower eyelid down using 1 finger.
- Hold the bottle in your other hand. Place it as close as you can to your eyelid without touching it. Place 1 drop in the pocket (the space between your eyelid and eye) made when your lower lid is pulled down.
- Try to put the drop on the white part of your eye. This will help avoid stinging.
- **Do not** touch your eyelid or eye with the tip of the bottle.
- Close your eye gently and keep it closed for 1 full minute (60 seconds). Use a tissue to gently remove any extra drops from your cheek.
- Place only 1 drop at a time into each eye. If you need more than 1 drop, wait 5 to 10 minutes.
- **Do not** stop using your eye drops unless your eye doctor tells you it is OK.
- Wash your hands well after using eye drops.

Day of treatment

- Your treatment will be done in the Eye Care Centre, on the 2nd floor of the Centennial Building at the Victoria General site.
- Eat your meals and take your medications as usual before you come to the Eye Care Centre for your treatment.
- Register using a self check-in kiosk in the main entrance of the Centennial or Dickson Buildings at the Victoria General site. Next, go to the Eye Care Centre.
- Bring a list of your medications (including eye drops).
- Your pupil may be dilated (made wider with drops) for the treatment. This will cause blurry vision.
- **You will need someone to drive you home after the treatment.**
- **Do not** drive yourself home after the treatment.

How is the treatment given?

- A nurse or technician will check your vision and eye pressure.
- You will get freezing drops in your eye to numb the area.
- The eye doctor may use a special tool to hold your eyelids open during the treatment.
- A needle will be used to inject the steroid into or around your eye.
- The treatment may cause:
 - › mild discomfort
 - › blurry vision
 - › double vision (seeing 2 images when you are looking at 1 thing) for a short time.

What are your questions?

Please ask. We are here to help you.

After treatment

- You may have a small amount of swelling or redness on the white part of your eye, or around your eye, where the steroid was injected. This will go away as the medication is absorbed (taken in).
- You will get a follow-up appointment with your eye doctor in 1 to 2 weeks for an eye pressure check. **It is important to come to this appointment.**
- Your eye doctor may give you eye drops after the treatment. They will tell you how often and for how long to take these drops.

Using eye drops

- Wash your hands well.
- Shake the bottle well.
- You may sit or lie down.
- Tilt your head back.
- Open both eyes and look up.

