

Intra-vitreous Therapy

Intra-vitreous therapy refers to a procedure by which a therapeutic substance or medicine is delivered to the back of the eye. It is used to treat many ophthalmic conditions, especially

1. Macular degeneration- choroidal neovascularisation
2. Diabetic macular oedema
3. Other retinal vascular disorders eg retinal vein occlusions

What will happen to me on the day?

The procedure is usually performed in the treatment room at Darling Downs Eye under local anaesthetic. It may also be performed in the operating theatre at St Andrew's Toowoomba Hospital.

The procedure is performed on your eye as you are seated comfortably in a semi-reclined position. Eye drops are then applied before the eye is prepared with an antiseptic solution. A speculum is placed to help you keep your eye open and reduce the risk of infection. The speculum will feel slightly uncomfortable and will prevent your eyelids from fully closing during the procedure. The injection is precisely positioned 3.5 mm behind the cornea into the rear segment of your eye, and takes 20-30 seconds to perform.

The injection is felt as a slight pressure or momentary discomfort. Afterwards Dr Kert may place a patch over your eye. The eye patch is required to stay in place to protect the eye from damage while the local anaesthetic wears off, usually 30-45 minutes. Some patients prefer not to have an eye patch and this is also acceptable practice.

During and after the procedure every effort is made to ensure optimal patient outcomes and reduce the chance of possible complications. While the procedure is safe and effective, there are some risks associated with intra-vitreous injections that every patient needs to be aware of. The risks include:

- Endophthalmitis: infection inside the eye (1/1000 risk per patient injection)
- Retinal Detachment
- Traumatic cataract
- Symptomatic vitreous haemorrhage: bleeding inside the eye

The chance of having a serious complication such as those listed above is extremely low. A complication however may result in the need for a second or third operation on your eye, and in rare cases may lead to blindness or loss of the eye. It is not

possible to predict in advance if any of these problems will develop in your eye, but if they do, you will be promptly treated.

It is therefore important that you contact Dr. Kert immediately should you experience pain that fails to settle with paracetamol, or if you experience increasing redness, reduction in your vision, or any other symptom that is worrying to you. You will have Dr Kert's contact details for after-hours assistance so you can feel comfortable in the knowledge that help will be available if you need it.

After the injection you may have a foreign body sensation in the eye for 24 -36 hours, and there may be mild redness or bleeding of the conjunctiva which may persist for one to two weeks. These are normal and will occur from time to time unpredictably.

There is a chance (10-20%) that your vision might worsen despite having the treatment. Worsening vision is almost always due to progression of your condition and not usually a complication of the injection procedure itself. Please alert Dr Kert if this occurs.

The treatment is important, for without it your condition will continue to progress leading to progressive and irretrievable loss of vision.

Intra-vitreous medications will be absorbed slowly into your bloodstream and may confer a slightly increased risk of systemic side effects such as heart attack or stroke especially if you have suffered one of these events in the past 3 months. Please notify us if this is the case.

We are very happy to answer any questions or address any concerns you may have in relation to this important treatment before we proceed.