

Patient information

## **Retrobulbar Steroid Injection**

St. Paul's Eye Department

You are about to receive a treatment for the inflammation present within your eye. The medical name of this treatment is a Retrobulbar Injection of Steroid. Please spend a few moments reading this leaflet and then ask any questions you wish.

There may be alternative treatments or procedures available. Please ask your doctor or nurse to discuss these with you.

### **What is a Retrobulbar steroid injection?**

Retrobulbar means behind your eyeball. Steroid is a type of medication used to treat inflammation. This treatment aims to deliver the steroid behind your eyeball.

### **How is this done?**

The treatment will be performed using a needle and syringe to inject the steroid behind your eyeball

### **What are the benefits of a Retrobulbar steroid injection?**

As part of your treatment to reduce the inflammation in your eye in order to improve, or save your eyesight.

## **What are the risks of a Retrobulbar steroid injection?**

Because there are a number of structures around the eyeball (including muscles, nerves to muscles and the nerve to the eyeball itself) there may be damage to your eyeball or any of these structures.

However the likelihood of such complications is rare; and occurs in approximately one in every 1000 (1/1000) injections.

### **Before the injection**

Before you have this injection, you will be given special instructions. In order that your doctor can give you this injection safely, please listen carefully and follow their instructions.

You will be asked to pick a point directly ahead of you at the start of the injection.

- **You should continue to look only at that point unless asked otherwise.**
- **Please do not jerk or move your head during the injection.**
- **Please do not move your eyes during the injection unless you have been asked to do so by your doctor.**

### **What will I feel during the injection?**

You will feel a sharp pricking sensation followed by a feeling of pressure around or behind your eye. This pressure sensation may last for one to two hours, and you may find paracetamol or other painkillers helpful for a time after the injection.

## **What may I feel after the injection?**

**You may have some of the following:**

- A feeling of mild pressure or ache.
- Some drooping of your eyelid.
- Mild blurring of your vision and some double vision.

**These side effects usually last less than 24 hours. If they continue for more than 24 hours please contact the Eye Emergency Dept. at St Paul's Eye Unit at this hospital on Tel: 0151 706 3949**

**Text phone number: 18001 0151 706 3949**

## **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further information**

**St Paul's Eye Unit**

**Tel: 0151 706 3928**

**Text phone number: 18001 0151 706 3928**

**Royal Liverpool Hospital**

**Tel: 0151 706 2000**

**Bleep 724 (Outpatients Sister)**

# Author: St Paul's Eye Department

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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