

# Intravitreal Anti-VEGF Treatment

## Who Benefits From These Treatments?

Anti-VEGF medications help patients who are living with eye diseases such as;

- Wet age-related macular degeneration
- Retinal vein occlusion
- Diabetic macular edema
- Myopic degeneration

These patients may begin to experience sudden blurry vision that can lead to risk of blindness or central vision loss if not treated.

## **How Does It Work?**

The medication is delivered into the vitreous gel of the eye. Anti-VEGF medications are antibody fragments designed to target and suppress vascular endothelial growth factor (VEGF), a protein that promotes blood vessels to grow and leak. The medication helps prevent ongoing damage to the retina light receptors. The abnormal vessels in the retina should slowly resolve over the course of months and your vision will often improve and stabilize.

## **How Many Treatments Will I Need?**

Your Ophthalmologist will start your treatment on a four week cycle and as your disease stabilizes, your Ophthalmologist will extend the number of weeks in-between treatments. This is referred to as Treat & Extend protocol.

How long you would need the treatments depends on severity and extent of the disease, as well as response to the treatment, which differs for each patient.

## **What Should I Expect After Treatment?**

- Irritation and burning sensation
  - This is typically due to Iodine used at the time of treatment. The eye is thoroughly rinsed after treatment which will minimize this but does not eliminate the symptoms completely.
  - Use artificial tears 4-6 times on the day of treatment and the following day, as well as tear gel / ointment at night to minimize this issue.
  - Examples of artificial tears: Thealoz Duo, Hyabak, Hydrasense, Systane, Refresh, Liposic
  - Examples of tear gel: Ocunox, Lacrilube, Tear gel, Liposic gel
- Floaters immediately after treatment could be from the medication or a bubble floating in the eye.
  - This should resolve within 24h. If this does not resolve or accompanied by loss of vision, you need an urgent assessment.
- You can return to normal daily activities right after the treatment.
- Avoid contact lenses for 2 days after treatment.