



veonet  
Ireland

Specialist Eye Clinics

# Anti-VEGF Intravitreal Injection Treatment

What you need to know before  
and after your procedure

## Your treatment at Veonet Ireland

At Veonet Ireland, we know how important your vision is to your everyday life. Our mission is simple — to make world-class eye care more accessible and affordable for patients across Ireland, delivered with warmth, understanding, and expertise.

This brochure is designed to help you feel comfortable and informed about anti-VEGF injection treatment. We'll explain why this treatment may be recommended, what's happening with your vision, and what you can expect on the day.

From your first visit to your follow-up care, our team is here to support you every step of the way — ensuring you feel confident, cared for, and in safe hands.

## Which conditions are treated with anti-VEGF injections?

Anti-VEGF treatment is commonly used to help manage:

- Wet age-related macular degeneration (wet AMD)
- Myopic choroidal neovascularisation
- Diabetic macular oedema (DMO)
- Retinal vein occlusion (RVO)
- Other conditions that cause fluid leakage under the retina

These conditions can affect central vision, making activities such as reading or recognising faces more difficult. Anti-VEGF treatment helps reduce fluid, prevent further damage and stabilise vision.



## Understanding wet AMD

Wet AMD is a more advanced form of macular degeneration. It happens when fragile new blood vessels grow under the retina. These vessels can leak or bleed, which may affect the macula and change your central vision.

People with wet AMD often notice changes in central vision, such as blurred details or straight lines appearing wavy. Side vision usually remains clear, so total loss of sight does not occur.

There are two types of AMD:

- **Dry AMD:** the more common form, with gradual changes over time.
- **Wet AMD:** the less common but faster-acting form, caused by leaking vessels.

Another later stage of AMD, known as geographic atrophy, occurs when the macula gradually becomes thinner. Because this type does not involve leaking blood vessels, anti-VEGF injections are not an effective treatment.

Your ophthalmologist will talk you through the best options and support available if this form of AMD is diagnosed.

## Myopic choroidal neovascularisation

This condition can develop in people with high myopia, also known as severe short-sightedness. When the eye is very long, the retina can become stretched and thinner, making it more delicate.

This can allow new blood vessels to grow underneath it, and these vessels may leak. If this happens and treatment is not given, it can permanently affect central vision. The good news is that early diagnosis and treatment can make a real difference.

## Diabetic macular oedema (DMO)

DMO can affect people with either Type 1 or Type 2 diabetes. High blood sugar can damage the small blood vessels in the retina, causing fluid to leak into the macula.

This swelling makes central vision less clear and, without treatment, can cause more noticeable sight loss over time. With proper care and regular check-ups, many people manage this condition well.

## Retinal vein occlusion (RVO)

RVO occurs when one of the veins that carries blood away from the retina becomes blocked. This can happen for several reasons, such as:

- Pressure from a nearby artery
- A blood clot or fatty deposit
- Inflammation

There are two main types:

- **Central retinal vein occlusion (CRVO):** a blockage in the main vein.
- **Branch retinal vein occlusion (BRVO):** a blockage in one of the smaller veins.

When a vein is blocked, pressure can build, and the surrounding blood vessels may begin to leak. This can lead to swelling in the macula and changes in vision. Prompt assessment and treatment can help protect your sight and reduce the risk of further problems.



## How does anti-VEGF treatment work?

Anti-VEGF medication helps stop abnormal blood vessels from growing and leaking beneath the retina. It can also reduce inflammation in the eye. The treatment is effective for most people and plays an important role in preserving central vision.

Your ophthalmologist will review your scans and photographs to confirm whether this treatment is suitable for you.

## How is the treatment given?

Anti-VEGF medication is delivered through a small injection into the eye. The procedure is quick and usually well tolerated.

What you can expect:

- Local anaesthetic drops to numb the eye
- Your eye will be gently cleaned to prevent infection
- A small clip is placed to help keep your eye open
- The injection itself, which takes just a few seconds

You may feel slight pressure, but most people describe minimal discomfort. Lubricating drops may be used afterwards, and your vision will be checked before you leave.





## Who gives the treatment?

Your injection will be carried out by one of our experienced retinal specialists. They will talk you through each step and make sure you feel comfortable throughout.



## What happens after treatment?

It's normal to experience some mild symptoms as your eye settles. These may include:

- A gritty or scratchy sensation
- Mild redness
- Slight discomfort
- Small floaters or specks

These usually improve within a day or two. You will receive a follow-up appointment by post or through your patient portal. Your GP will also be updated after each visit. Most people begin with a series of three injections spaced four weeks apart.

Avoid rubbing your eye, and do not swim or get water directly into your eye for the first few days.

## What are the risks of this treatment?

Anti-VEGF injections are generally very safe. However, as with all medical procedures, there are risks to be aware of.

### Common, short-lived effects:

- Mild soreness
- Redness on the white of the eye
- Temporary floaters
- Sensitivity to light

### Less common but more serious risks:

- Infection inside the eye
- Retinal detachment
- Increased eye pressure
- Internal bleeding or clots
- Inflammation
- Cataract formation in an unoperated eye

Your retinal specialist will talk through all risks with you and answer any questions you may have before your treatment begins.

## Who should avoid anti-VEGF treatment?

Anti-VEGF injections may not be suitable if you:

- Are allergic to the medication
- Have an infection in or around the eye
- Have a serious infection elsewhere

Extra caution is needed if you have recently had a stroke, heart attack, unstable angina or very high blood pressure. Please tell your doctor about any changes in your health.

## Can I have anti-VEGF treatment if I am pregnant or breastfeeding?

If you are pregnant or planning a pregnancy, please let your doctor and ophthalmologist know before you start treatment. They will guide you on the safest approach for you and your baby. Women who may become pregnant should use effective contraception during treatment and for at least three months afterwards.

If you become pregnant during the course of your treatment, please contact your doctor immediately and inform your ophthalmologist. They will review your care and discuss the safest approach for you and your baby.

Breastfeeding is not recommended during anti-VEGF treatment, as it is not known whether the medication passes into breast milk.

## Can food or other medicines affect treatment?

Yes. Some medicines and supplements can affect how anti-VEGF treatment works.

Please tell your doctor about all medications you take, including:

- Prescription medicines
- Over-the-counter treatments
- Herbal remedies
- Vitamins or nutritional supplements

This helps your clinical team make sure the treatment is safe and effective for you.

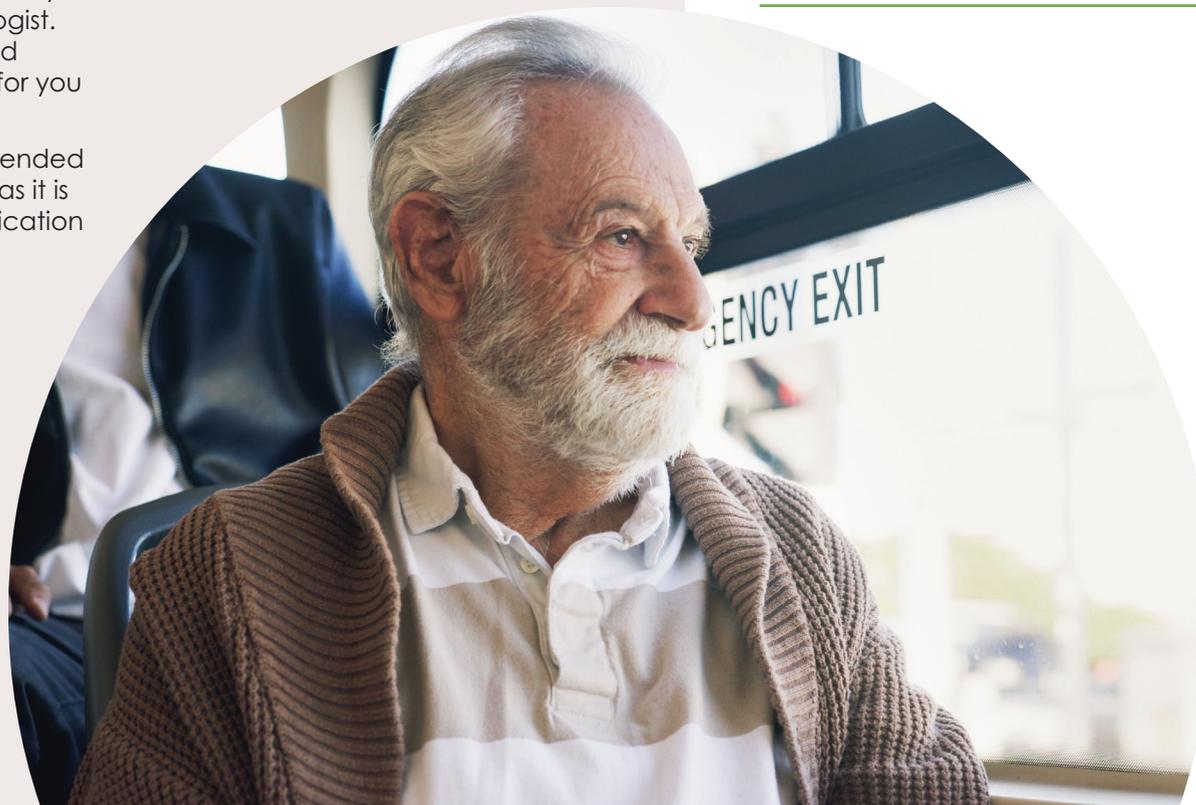
## When to seek urgent help

Please contact an eye specialist urgently if you notice:

- Increasing redness or pain
- Swelling around the eye
- Sensitivity to light
- Worsening or blurred vision
- A sudden increase in floaters or flashing lights

These symptoms may indicate an infection or another complication that, although rare, needs prompt medical attention.

If symptoms appear outside clinic hours, seek urgent care through the emergency eye service, out-of-hours medical support or your nearest emergency department. Acting quickly can help protect your vision and prevent further problems.



## How to contact us

Contact your Veonet Ireland Clinic for appointment information or questions about your treatment.



Ireland 01 270 7888

NI 028 9002 9002

(Monday - Friday, 07:30 - 17:30)

[info@veonet-ireland.com](mailto:info@veonet-ireland.com)



## Feedback and complaints

At Veonet Ireland, patient experience is at the heart of everything we do. Feedback helps us to continually improve our services and celebrate what we do well.

**Compliments** - If you've had a positive experience with our team, we'd love to hear about it. Sharing your story helps us recognise and thank our staff for the care they provide.

**Suggestions and feedback** - We welcome ideas on how we can improve our services, facilities, or communication. Every suggestion is carefully reviewed and considered.

**Complaints** - If something hasn't met your expectations, please let us know. We take all concerns seriously and will work with you to resolve them quickly, fairly, and with respect.

## How to share your feedback

- Speak directly with our patient experience team during your visit.
- Call our patient experience team on **ROI 01 270 7888 or NI 028 9002 9002**
- Email us at [patientexperience@veonet-ireland.com](mailto:patientexperience@veonet-ireland.com)

Your voice matters. Whether it's a compliment, suggestion, or complaint, your feedback helps us deliver the highest standard of care for every patient.

## Accessibility

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**Braille** - Copies are available in Braille upon request.

**Digital Format** - An accessible digital version can be sent by email or downloaded for use with screen readers.

To request this brochure in an alternative format, please contact:

**T** ROI 01 270 7888 or NI 028 9002 9002

**E** [Patientexperience@veonet-ireland.com](mailto:Patientexperience@veonet-ireland.com)

Veonet Ireland is committed to making all of our information accessible, so every patient can engage with and benefit from our services.

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