



Procedure Information Sheet

Introduction and Indication

In ophthalmology, steroids are primarily used to treat noninfectious inflammations. For example, after cataract surgery, steroids are used to control how the eye responds to the surgery. In addition, after corneal transplant surgery, steroids are used for a long time in order to prevent rejection. Iris inflammation and severe eye allergy and inflammation can also be treated with steroids, to quickly eliminate symptoms such as red eyes and eye itchiness.

Instructions

Steroids can be administrated in forms of eye drops or ointments, oral drug or intravenous injection, and sometimes injected into the soft tissues around the eyes (such as subconjunctiva, etc.) or into the eyeball. The methods of administration depend on the stage and type of eye diseases.

Risk and Complication

Steroid have lots of side effects. The side effects vary from patient to patient and depend on the dose of the medication. The long term in-take of steroid increases the chance of side effect. The side effect can affect whole body or localized region (around the eye). Oral steroids are more likely to cause systemic side effect.

Possible eye local side effects

- Glaucoma
- Cataract (prolonged usage of oral steroids may also cause cataract)
- Increased risk of eye infection
- Thinning of cornea or sclera, or even melting
- Thinning of skin of eyelids
- Drooping of eyelids

Possible systemic side effects (common in long-term use of high-dose oral steroids, but long-term use of high-concentration steroid eye drops or ointments may also cause these side effects):

- Increased risk of infection, or increased severity of pre-existing infection such as tuberculosis, with a risk of death
- Necrosis of the hip joints, osteoporosis
- Psychological disturbance, like mood elation or depression, hallucination, etc.
- Insomnia
- Peptic ulcer, occasionally bleeding from the ulcer
- High blood pressure
- High blood glucose level
- Muscle atrophy, hairy skin, fat accumulates in face and trunk of body, with atrophy of the four limbs
- Growth disturbance in children

The side effects can be very serious. when the dose of the drug will be gradually reduced once the disease is under control. However, it cannot be stopped abruptly to avoid endocrine disorders.

Patients must absolutely follow the doctor's instructions to take medicine, including eye drops and oral medicine. Usually eye drops are administrated one drop each time. Since some eye drops in the market contain steroids, it is very dangerous to buy and use eye drops without a doctor's prescription.

<p>Patient's Label</p> <p>Patient Name: _____</p> <p>Hospital No: _____</p> <p>Episode No: _____</p>

**Disclaimer**

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

Reference

Hong Kong Hospital Authority, Patient's leaflet: steroid (4/2021)

American Academy of Ophthalmology, EyeWiki, Article: What Are Steroids Tablets? (11/2022) from <https://www.aao.org/eye-health/drugs/steroid-tablets>

Patient's Label

Patient Name: _____

Hospital No: _____

Episode No: _____

Patient's Signature: _____ Date: _____