

Information for Patients

Subconjunctival Haemorrhage

The doctor or nurse practitioner has diagnosed that you have had a subconjunctival haemorrhage.

What is a Subconjunctival Haemorrhage?

The conjunctiva is a thin skin covering the white part of your eye (the sclera) but not the central part of your eye (the cornea). In between the conjunctiva and the sclera are tiny blood vessels. If one of these tiny blood vessels bursts, it bleeds in between the conjunctiva and the sclera. This is called a subconjunctival haemorrhage.

What causes them?

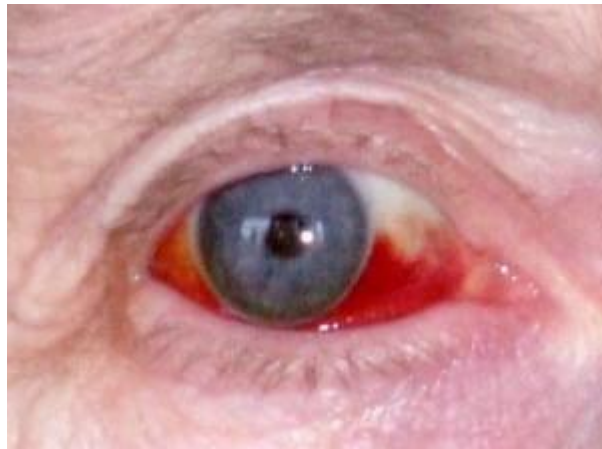
There is usually no apparent cause; however, older people tend to be more prone to them as are people taking aspirin or anticoagulants.

Sometimes they occur after a coughing episode and can be associated with high blood pressure.

What are the symptoms?

You often do not notice anything until someone points it out to you, or you see it in the mirror. It can be quite alarming as sometimes a large part of the white of the eye appears red and bloodshot. This is because the blood spreads between the conjunctiva and the sclera. It looks a lot worse than it is. The central part of the eye

is never affected, so your vision is not affected. It is possible that it could happen to you again in the future.



What is the treatment?

No treatment is required. It will fade and disappear usually within two weeks. Like any other bruise, the red colour will go a yellow/brown colour before it fades away. The doctor or nurse practitioner might check your blood pressure. They might ask if you have any unusual bleeding or bruising of the body, although it would be rare to have this. You should tell the doctor or nurse practitioner if you are taking aspirin or anticoagulant treatment.

If you suffer from repeated subconjunctival haemorrhages or notice any other unusual bleeding please see your GP.