



# Subconjunctival Haemorrhage

## Patient Information Leaflet

# **What is Subconjunctival Haemorrhage?**

A Subconjunctival Haemorrhage appears as a bright red patch in the white of the eye.

## **What are the symptoms?**

There are usually no symptoms. It is not unusual that the patient does not notice it until somebody draws attention to their 'blood shot' eye or see it in the mirror.

## **What are the causes?**

A Subconjunctival Haemorrhage can occur after the following:

- Extreme physical exertion
- Severe bouts of vomiting
- Severe bouts of coughing
- An increase in Blood Pressure
- Direct injury to the eye (blunt trauma)
- People taking anti-coagulations (Warfarin/Asprin)
- Sneezing or lifting heavy weights.

## **What does the Treatment involve?**

If there is any history of trauma to the eye, the patient must be advised to be reviewed by the Doctor. If there is no trauma, there is no need for treatment and the patient must be reassured as it will fade away like any other bruise in approximately two weeks.

Do consult your General Practitioner if you have not had blood pressure checked recently, or if there are any signs of frequent bruising elsewhere on the body for a check-up.

We hope that this information is helpful to you. If anything is unclear or you have any other questions you would like to ask, then please do ask the nurse/doctor.

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### Revision History

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PIL041	1	January 2014	New Information Leaflet	n/a	Hospital Management Group