

Subconjunctival Haemorrhage

This information leaflet aims to give you some information about the condition of Subconjunctival Haemorrhage.

What is a Subconjunctival Haemorrhage?

This is where one of the small blood vessels on the surface of the white part of the eye break and bleed. This produces a dramatic appearance of bright red blood appearance on the background of the white of the eye. There is usually no pain though mild discomfort is not uncommon.



How is a Subconjunctival Haemorrhage caused?

This may be caused by major or even quite minor trauma to the front of the eye. It may also occur after a bout of coughing, straining, or vomiting.

It is also common for a Subconjunctival Haemorrhage to occur with no history of any injury a so called "spontaneous haemorrhage"

Investigations

Usually none, but it is not uncommon to undertake a Full blood count and Clotting studies.

Treatment

Usually None. Using topical antibiotic drops eg. Chloramphenicol eye drops are helpful to give some relief from the discomfort and to prevent any secondary infection due to the compromised ocular surface.

You should avoid taking Aspirin, Ibuprofen, Persantin, Clopidrogel etc which all thin the blood slightly and Garlic is also said to have a similar affect thus some people avoid this condition also.

Prognosis

This is an innocuous condition that resolves spontaneous over 2-3 week period. The haemorrhage will initially spread out and appear to enlarge before beginning to disappear during which it may turn a slight yellow/green colour as the red blood cells are broken down and absorbed. Eventually no trace of the haemorrhage will be visible.

Some people do suffer recurrent Subconjunctival Haemorrhages but no association with other conditions such as heart attacks or strokes has been found.

For further information please do not hesitate to contact your doctor.