

## Subconjunctival Haemorrhage

### Advice

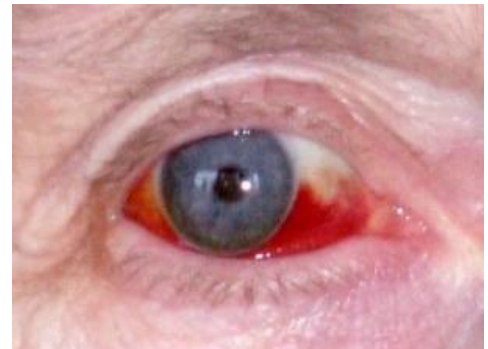
#### What is a Subconjunctival Haemorrhage?

It is a technical term for bleeding which occurs between the conjunctiva and the white part of the eye.

When this happens there are no symptoms, such as pain, but you will notice blood under the conjunctiva. As a result of the bleed the conjunctiva may look loose and baggy.

Some people may describe a mild popping sensation in the eye before they notice the redness. Sometimes there may be a mild feeling that there is something in the eye or that your eye may ache.

It is not uncommon for it to happen again at a later date.



#### What treatment will I need?

When this occurs no treatment is needed. The bleeding will slowly disappear usually between 2-3 weeks. Like any other bruise the red colour will go a yellow/brown colour before it fades away.

#### What are the causes of bleeding?

In the vast majority of cases there is no apparent reason – it just happens. Occasionally, an injury to the eye or a head injury can cause one. Sometimes they occur after a bout of coughing or being sick (vomiting). You may be more prone to having one if you have the bleeding disorder called haemophilia or if you take anticoagulant medication (such as warfarin).

Older people tend to have them most. Other causes are:

- Excessive coughing or sneezing.
- High blood pressure.
- Excessive rubbing of the eye.
- Strenuous activities (like carrying heavy shopping bags or lifting heavy things)

### **What shall I do if the bleeding persists?**

If you have further problems with conjunctival haemorrhage or if you have unexplained bruising on other parts of your body, or you bruise easily you need to see your GP. Do mention to your doctor if you have one and you have not had your blood pressure checked recently.

**If you are at all concerned about your injury please contact the relevant Emergency Department or Minor Injury Unit (MIU):**

**Royal Gwent Hospital: 01633 234056**

**Nevill Hall Hospital: 01873 732073**

**Ysbyty Ystrad Fawr (YYF) MIU 01443 802353 or 802349**

**Ysbyty Aneurin Bevan (YAB) MIU: 01495 363318**

### **References:**

<https://patient.info/eye-care/eye-problems/subconjunctival-haemorrhage>

[https://www.moorfields.nhs.uk/sites/default/files/A%26E%20Subconjunctival%20haemorrhage\\_0.pdf](https://www.moorfields.nhs.uk/sites/default/files/A%26E%20Subconjunctival%20haemorrhage_0.pdf)

**“This document is available in Welsh /  
Mae’r ddogfen hon ar gael yn Gymraeg”.**