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Subconjunctival Haemorrhage Advice

What is a Subconjunctival Haemorrhage?

It is a term used for bleeding which occurs between the conjunctiva (thin layer that lines the inside of the eyelids and white part of the eye) 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 later.

What treatment will I need?

Unless there is an underlying medical problem, no treatment is required. 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. If your eye feels irritated, you can use artificial tears. It is best to avoid drugs like ibuprofen, which can make bleeding worse

What are the causes of bleeding?

In most 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 bleeding disorder or if you take anticoagulant medication (blood thinners such as warfarin).

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)

**If you are at all concerned about your injury, please contact the relevant
Emergency Department: Grange University Hospital: 01633 493287**

Or Minor Injury Unit (MIU):

Royal Gwent Hospital: 01633 234056

Nevill Hall Hospital: 01873 732073

Ysbyty Ystrad Fawr (YYF) MIU 01443 802353

Ysbyty Aneurin Bevan (YAB) MIU: 01495 363318

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 haven't had your blood pressure checked recently.

Reference:

Subconjunctival Haemorrhage (Patient info) : Causes, Symptoms, and Treatment

**This document is available in Welsh/
Mae'r ddogfen hon ar gael yn Gymraeg**