

Patient Information

Sub-Conjunctival Haemorrhage

Eye Unit

What is sub-conjunctival haemorrhage?

It is a technical term for bleeding which occurs between the conjunctiva and the white part of the eye. When this happens you will notice blood under the conjunctiva. As a result of the bleed the conjunctiva may look loose and baggy.

What treatment will I require?

When this occurs no treatment is required. The bleeding will slowly disappear usually between 2-3 weeks.

What are the causes of bleeding?

- Excessive coughing or sneezing.
- High blood pressure.
- Excessive rubbing of the eye.
- Injury from a blow to the eye.
- Drugs e.g. Steroids or Warfarin.

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 easily bruise you need to see your GP or optician.

Where can I obtain further advice?

If you require further information or advice please contact:-

Eye Outpatient Department or EEC on:
Tel. No:- 01633 – 656268 or 1633 238856
Between 08:30 a.m. - 5:00 p.m.

PERSONAL NOTES

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