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Subconjunctival Haemorrhage

A subconjunctival haemorrhage is caused by a bleeding blood vessel on the surface of the white of the eye. They are very common and are rarely associated with serious pathology. They are often spontaneous, particularly on waking from sleep, but can also be associated with trauma, or coughing and vomiting excessively.

Symptoms

- Mild discomfort or tearing
- Often none

Lubricating drops can be helpful to soothe the eye if there is mild discomfort and these also ease the passage of the eyelids over the area. Your doctor will usually check your blood pressure as there is some evidence that a subconjunctival haemorrhage may be more common in patients with high blood pressure.

Unless there is excessive bleeding at other mucosal sites, such as coughing or vomiting blood, or multiple haemorrhages under the skin at other sites no further investigations are required.

The haemorrhage will fade away over 1-2 weeks and the eye will look normal again.