

Additional Notes

Empty box for additional notes.

Subconjunctival haemorrhage

The Eye Unit

Telephone Contact Number:
Eye Unit Acute Referral Clinic
Helpline: **0300 019 4181**
between **8am** and **6pm**

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What is a sub-conjunctival haemorrhage?

This is a harmless condition in which blood vessels break and bleed under the conjunctiva, the clear lining over the white of the eye, causing a red eye.

What causes this condition?

A sub-conjunctival haemorrhage can be caused by:

- forceful coughing and sneezing
- straining or heavy lifting
- injury to the eye; for example rubbing the eye
- high blood pressure
- blood disorders
- if you are taking blood thinning medication or large amounts of aspirin
- sometimes the cause is unknown

How long will this condition last?

The red eye may take a few days or even weeks to completely go away. This condition is similar to having a bruise and no medications or treatment are required.

What should I do if I have a red eye?

- If there is no pain or change in vision make an appointment to see your doctor or practice nurse as you may need to have your blood pressure checked
- If you do have any pain or your vision changes please ring the hospital for advice. If you have any of these symptoms it is unlikely that you have a sub-conjunctival haemorrhage
- Avoid rubbing the eye.
- If you have high blood pressure please get your blood pressure checked regularly and take any medication prescribed.

Remember...

- always wash your hands before and after touching your eye/s
- always finish the course of treatment if you have been prescribed medication, even if your symptoms have improved
- always have regular eye checks with your Optometrist
- always protect your eyes with goggles or glasses when carrying out DIY or using any power equipment
- if you splash anything into your eye always rinse with plenty of tap water and seek medical advice
- never use anyone else's medication (this includes eye-drops)