



Conjunctiva - Hemorrhage

The Following Information has been Prepared for You:

The conjunctiva is the clear membrane that covers the white part of your eye. It wraps around to the underside of your eyelids. There are many small vessels within the conjunctiva. A Subconjunctival Hemorrhage occurs when a tiny blood vessel under the clear conjunctival tissue ruptures and blood leaks out into the subconjunctival space, where it gets trapped. You will see bright red blood pooling under the clear membrane. This is the same process that occurs under your skin when you get a bruise. The bruise may get bigger as the blood spreads out under this space. Eventually the blood will become resorbed by the body and the red will disappear. As the blood begins to dissipate and resorb, you may see the red area get wider and move downward. This is normal. The blood will resorb without any permanent damage to the eye or vision.

Subconjunctival hemorrhages may occur from direct blunt force injury to the eye, head or body. Others may occur spontaneously from heavy coughing, vomiting, lifting, straining. Individuals that take blood thinners such as Aspirin, Advil, Coumadin or Warfarin are at higher risk of developing a subconjunctival hemorrhage. Moderate doses of omega-3 fatty acids may also thin the blood and increase risk. Subconjunctival hemorrhages occurring from eye injury should always be examined by your eye doctor to confirm that additional injuries to surrounding tissues are not present.

Typically, subconjunctival hemorrhages look a lot worse than they actually are. However, if you have repetitive hemorrhages, you may need further evaluation to ensure you have not developed an atypical bleeding disorder or anemia.

Symptoms range from none to mild discomfort.

Treatment involves applying cold compresses to the eye several times a day for the first 48 hours, then warm compresses several times a day until it is resolved. Artificial tears, gels or ointments are often prescribed to keep the eye comfortable while the hemorrhage heals and the swelling goes down. Oral tylenol may be taken for pain, but avoid Ibuprofen / Motrin / Advil / Aleve / Aspirin as these are blood thinners and may contribute to more bleeding. You should avoid rubbing the eye, as this may cause another vessel rupture. You should avoid contact lens wear until the hemorrhage is resolved. Sunglasses are recommended in bright light and you may wish to refrain from electronic use for a bit.

As you are healing, if you notice any worsening pain, discharge, light sensitivity, loss of side vision, flashing lights, floaters, or significant vision loss, notify your eye doctor immediately.

Please Rate the Information You Received

	☐ Very helpful - all questions are answered ☐ Somewhat helpful - I still have questions ☐ Not helpful – none of my questions were answered
Comments / Questions / Typos:	

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