

## Patient information factsheet

# Subconjunctival haemorrhage

**A subconjunctival haemorrhage is a small bleed (similar to a bruise) from one of the minor blood vessels on the surface of the eye. It can be caused by high blood pressure or by straining when you cough or sneeze, but it can also happen suddenly, for no apparent reason.**

A subconjunctival haemorrhage isn't usually painful and it shouldn't affect your vision. However, your eye will look very red and the bleeding may seem to spread and get worse before it gets better. Your eye may feel slightly different to normal and you may notice a gritty feeling.

### Treating a subconjunctival haemorrhage

A subconjunctival haemorrhage will heal on its own. You do not need to see your GP or optician, but you should ask your GP practice nurse to check your blood pressure. If you get frequent haemorrhages or bruising on other parts of your body, especially if you are taking aspirin or warfarin tablets, your GP may organise further tests.

It usually takes two or three weeks for a subconjunctival haemorrhage to settle. You may notice a slight yellow tinge to the white of your eye during this time. If your eye feels gritty or full, your local pharmacist can give you lubricating eye drops (such as hypromellose drops or clinitas carbomer gel drops).

If you notice that your vision is reduced, contact eye casualty on telephone: **023 8120 6592**.

### Further information

For further information, please speak to a member of our eye casualty team on telephone: **023 8120 6592**.

### Useful links

[www.nhs.uk/conditions/red-eye/Pages/Introduction.aspx](http://www.nhs.uk/conditions/red-eye/Pages/Introduction.aspx)

### Contact us

Eye unit  
Southampton General Hospital  
Tremona Road  
Southampton  
SO16 6YD

**If you need a translation of this document, an interpreter or a version in large print, Braille or on audiotape, please telephone 023 8120 4688 for help.**