



Mr Vaughan Tanner BSc MBBS FRCOphth
Consultant Ophthalmic Surgeon
www.tanner-eyes.co.uk

Spire Dunedin Hospital
22 Bath Road
Reading
RG1 6NS

Circle Hospital
100 Drake Way
Reading
RG2 0NE

The London Clinic
119 Harley Street
London
W1G 6AU

Princess Margaret Hospital
Osborne Road
Windsor
SL4 3SJ

Tel: 0800 644 0700 / 0800 644 0900

Fax: 0118 986 9262 / 0118 955 3535

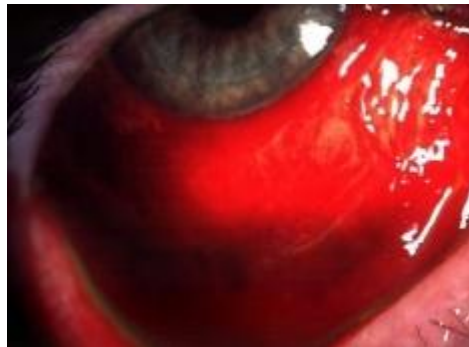
Windsor@tanner-eyes.co.uk

Reading@tanner-eyes.co.uk

Sub-conjunctival Haemorrhage

Patient Information:

Sub-conjunctival Haemorrhage The front, white part of the eye is covered by a transparent membrane called the conjunctiva. The conjunctiva has a rich blood supply. A sub-conjunctival haemorrhage occurs when these tiny blood vessels leak, causing a small amount of blood to gather between the sclera (white eye wall) and conjunctiva. These membranes are transparent very small bleeds and can look quite dramatic. However, it is very common and will not damage your vision.



*Photograph of a severe sub-conj. haemorrhage.
Despite the dramatic appearance no treatment is usually required.*

Symptoms

The eye will look very bloodshot and you may have very mild discomfort or a feeling of something being in the eye.

Causes

Practically all sub-conjunctival haemorrhages occur for no obvious reason and there is no associated illness. They often occur after a bout of severe coughing or sneezing. Occasionally they are associated with high blood pressure and if recurrent bleeds occur, it is worth checking your blood pressure. The bloodshot appearance usually disappears 7 to 14 days without treatment.

Disclaimer

The information provided in this document is intended as a useful aid to general practitioners, optometrists and patients. It is impossible to diagnose and treat patients adequately without a thorough eye examination by a qualified ophthalmologist, optometrist or your general practitioner. Hopefully the information will be of use prior to and following a consultation which it supplements and does not replace.

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