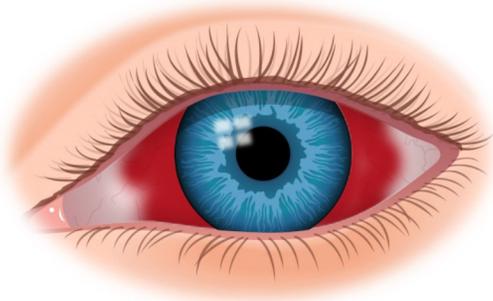


What are the signs and symptoms?

A subconjunctival hemorrhage appears as a red patch over all or a portion of the white part of the eye.



Pain and changes in vision are not associated symptoms, though some people may feel slight irritation or foreign body sensation.



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Subconjunctival
Hemorrhage

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What is a subconjunctival hemorrhage?

The conjunctiva is a layer of clear tissue that covers the white part of the eye, the sclera.

A subconjunctival hemorrhage occurs when one of the small blood vessels located between these two layers breaks and bleeds.

What are the causes?

Subconjunctival hemorrhages most often occur spontaneously, but can also occur as a result of trauma, eye surgery, heavy lifting, straining from sneezing, coughing, or vomiting, or the use of blood thinners.

Individuals who have diseases that inhibit blood clotting are also more prone to developing them.

Is it serious?

No. The blood that pools underneath the conjunctiva is harmless, and resolves on its own within a few weeks, just as a bruise on the skin would.

How is it treated?

There is no treatment for subconjunctival hemorrhages, as they resolve on their own.

Artificial tears can be used as needed for comfort if any irritation or foreign body sensation occurs.

As it heals, the hemorrhage may change in color slightly until it resorbs completely.

If it is associated with a trauma or infection, your ophthalmologist will determine if further treatment and management is necessary.

Resolves in
2-4 weeks



Very rarely, with recurrent subconjunctival hemorrhages occurring in the same location, there may be an abnormal fragile blood vessel whose thin walls tend to break spontaneously.

In these cases, your ophthalmologist can identify and permanently close the non-essential vessel in the office using heat.