

## Patient Information - Subconjunctival Haemorrhage

### Department of Ophthalmology

This common condition is due to a collection of blood between the white of the eye (sclera) and the overlying clear layer (conjunctiva). It occurs as the result of a bleed from a blood vessel in the conjunctiva. This can be precipitated by a number of things including coughing, sneezing, heavy lifting and high blood pressure.

In the majority of cases they occur spontaneously and no particular medication is required.

The blood will slowly resolve over the next few weeks (like a bruise clearing).

If the appearance of the eye is not significantly better after two weeks you should contact the Urgent Eye Clinic. You should also contact us if you are experiencing recurrent episodes of this problem.

#### Contact details:

The Lister Treatment Centre  
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