

# Subconjunctival Hemorrhage

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This material will help you understand subconjunctival hemorrhage and how it is treated.

## **What is subconjunctival hemorrhage?**

Subconjunctival hemorrhage, a common occurrence, is like a bruise of the eye. It appears as a single red spot or many scattered red spots on the white of the eye. These red spots are blood under the conjunctiva. The conjunctiva is the skin of the eye, and it is a clear layer of skin that covers the white of the eye and the inner eyelids.

A subconjunctival hemorrhage is usually painless, does not affect your vision, and heals on its own.

## **What causes subconjunctival hemorrhage?**

Subconjunctival hemorrhage occurs when blood vessels in the conjunctiva break causing blood to leak. Common causes of this are eye trauma, coughing, sneezing, straining, or any activity that raises blood pressure in the veins. This sudden rise of blood pressure leads to the breaking of blood vessels. This happens more frequently if a person is taking blood thinners like aspirin or Coumadin.

## **Do I have symptoms of subconjunctival hemorrhage?**

Subconjunctival hemorrhage is painless and harmless. There are no symptoms other than the appearance of redness. You may not even know that it is there until you look in the mirror or someone else points it out.

## How is subconjunctival hemorrhage treated?

A subconjunctival hemorrhage will slowly disappear and the redness will clear up. Depending on the size of the red spot, this could take days or a week or two. If your eye is irritated at all, you can use artificial tears that you can buy over-the-counter. Some of these artificial tears include:

Blink Tears	Optive Advanced	Systane Ultra
Gentle Mild	Refresh Tears	Tears Naturale II
Gentle Moderate	Soothe Hydration	TheraTears
Optive	Systane	

**For more information, scan the code with your smartphone or visit the website listed.**



<http://www.geteyesmart.org/eyesmart/diseases/subconjunctival-hemorrhage.cfm>

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