

Subconjunctival Haemorrhage

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What is it?

- It is bleeding under the conjunctiva, a layer of tissue above the sclera, the white part of the eye.
- It may look scary but it is **almost always harmless**. It is like a bruise on the eye.

Why did I get it?

- Anyone can get this. However, there are some risk factors such as trauma, high blood pressure and blood thinners that may predispose you to this. But most of the time, it is as simple as coughing, sneezing or straining, or rubbing the eye that brings it on. Very rarely, it is associated with other systemic conditions that affect the whole body.

Do I need treatment?

- No, usually subconjunctival haemorrhages will **improve with time without treatment**.
- Any feelings of discomfort can be improved with the use of lubricating eye drops which may be purchased over the counter at any pharmacy.

When will I get better?

- Subconjunctival haemorrhages can take some time to resolve. Often, they will look worse before they get better, as even though the bleeding has stopped, gravity will spread the blood! You should expect improvement within 2-4 weeks.

Other resources

- <https://www.aao.org/eye-health/diseases/what-is-subconjunctival-hemorrhage>