

Sub Conjunct Hemorrhage

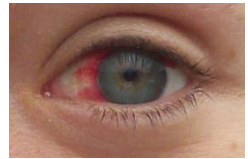
What is it?

- **Sub Conjunct Hemorrhage** – is a broken blood vessel in the eye, bright red patch appearing in the white of the eye, also called red eye
 - **Conjunctiva**- thin, moist, transparent membrane that covers the white part of the eye, also called sclera and the inside of the eyeball; the outermost protective coating of the eyeball, contains nerves and many small blood vessels; the blood vessels are fragile and break easily
 - **Looks**- bad but is not dangerous, bright red or dark red patch on the sclera



Signs and Symptoms:

- **Symptoms**- painless bloody eye, the bleeding results from a break in a small blood vessel in the white of the eye/sclera which releases a tiny amount of blood that is trapped beneath the conjunctiva like the blood in a bruise, itchy eyes



Facts:

- **Causes**- when lifting a heavy object, sneezing, coughing, vomiting, eye rubbing, and for no apparent reason; blood-thinners as heparin or Coumadin and can occur in persons with high blood pressure, minor eye trauma, strenuous exercising, touching/widening eyes, pulling extreme forces, choking, straining, blood dyscrasia is rare, severe hypertension, diving accidents, severe thoracic trauma, after eye surgery,
 - **Herbals**- ginger, capsaicin, ginseng, garlic, aspirin, herbal if taken in high doses or combined
- **Back to Normal**- in 3 weeks as the blood is absorbed, does not require treatment

What can I do?

- **See your Health Care Provider**- if pain from the hemorrhage, changes in vision, history of a bleeding disorder, history of high blood pressure or injury to the eye, any sign of damage to the eye

