



## Information for patients, relatives and carers

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# Subconjunctival Haemorrhage

This is the technical term for a bruise of the white part of the eye, caused by the bursting of a small blood vessel. It may be associated with straining (e.g. coughing or sneezing) or high blood pressure, but often happens for no obvious reason.

This condition is not nearly as serious as it looks. The blood slowly spreads, changes colour, and then disappears completely over two to three weeks. No treatment is required.

We will check your blood pressure, if necessary, to make sure this is normal. If you get frequent subconjunctival haemorrhages and easy bruising of other parts of your body, you should tell your own family doctor, as this may be due to a problem with your blood clotting.

### Further Advice and Instructions



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① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk)

### **Patient Advice and Liaison Service (PALS)**

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk)

An answer phone is available out of hours.

### **Leaflets in alternative languages or formats**

If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

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