Sub Conjunct Hemorrhage

What is it?

- <u>Sub Conjunct Hemorrhage</u> 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



 <u>Symptoms</u>- 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:

- <u>Causes</u>- 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 gforces, 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
- <u>Back to Normal</u>- 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