

## Contact details

**Eye Clinic:** 01483 571122 **ext** 4648  
**Admissions office:** 01483 571122 **ext** 6465  
**Orthoptist:** 01483 571122 **ext** 4649

### PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** rsc-tr.pals@nhs.net

**Opening hours:** 9.00am–4.00pm  
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Past review date: October 2016  
Future review date: October 2019  
Author: Carolyn Hunt  
**PIN160902–1112**



© Royal Surrey County Hospital NHS Foundation Trust 2016

Royal Surrey County Hospital **NHS**  
NHS Foundation Trust

Patient information leaflet

## Subconjunctival Haemorrhage

Eye Department

Patients 1st  
The Patient's First Choice

## Contact details

**Eye Clinic:** 01483 571122 **ext** 4648  
**Admissions office:** 01483 571122 **ext** 6465  
**Orthoptist:** 01483 571122 **ext** 4649

### PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** rsc-tr.pals@nhs.net

**Opening hours:** 9.00am–4.00pm  
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Past review date: October 2016  
Future review date: October 2019  
Author: Carolyn Hunt  
**PIN160902–1112**



© Royal Surrey County Hospital NHS Foundation Trust 2016

Royal Surrey County Hospital **NHS**  
NHS Foundation Trust

Patient information leaflet

## Subconjunctival Haemorrhage

Eye Department

Patients 1st  
The Patient's First Choice

## Subconjunctival haemorrhage

---

This is the medical term for a bruise of the white part of the eye caused by the bursting of a small blood vessel.

### What causes it?

---

It's occasionally caused by straining, for example when coughing or sneezing, or with high blood pressure (hypertension), but may also occur for no obvious reason.

### How can it be treated?

---

No treatment is required. This condition is not serious. The blood slowly spreads, changes colour and then completely disappears after 2–3 weeks.

If you get frequent subconjunctival haemorrhages and easy bruising to other parts of the body, you should inform your GP as there may be a problem with your blood clotting, or blood pressure.

### Reference source(s):

---

[www.eyecaretrust.org.uk](http://www.eyecaretrust.org.uk)

[www.moorfields.nhs.net](http://www.moorfields.nhs.net)

## Subconjunctival haemorrhage

---

This is the medical term for a bruise of the white part of the eye caused by the bursting of a small blood vessel.

### What causes it?

---

It's occasionally caused by straining, for example when coughing or sneezing, or with high blood pressure (hypertension), but may also occur for no obvious reason.

### How can it be treated?

---

No treatment is required. This condition is not serious. The blood slowly spreads, changes colour and then completely disappears after 2–3 weeks.

If you get frequent subconjunctival haemorrhages and easy bruising to other parts of the body, you should inform your GP as there may be a problem with your blood clotting, or blood pressure.

### Reference source(s):

---

[www.eyecaretrust.org.uk](http://www.eyecaretrust.org.uk)

[www.moorfields.nhs.net](http://www.moorfields.nhs.net)

## Further advice and instructions

---

**If you are worried or concerned about your symptoms please telephone the Eye Clinic on**

**01483 571122 Ext 6489**

Monday–Friday, 9am–5pm

## Further advice and instructions

---

**If you are worried or concerned about your symptoms please telephone the Eye Clinic on**

**01483 571122 Ext 6489**

Monday–Friday, 9am–5pm