



## **Subconjunctival hemorrhage**

The conjunctiva is the clear membrane that covers the white part of the eye (sclera). It protects and lubricates the eyeball and also allows the eye to turn easily. The conjunctiva contains many small, fragile blood vessels. Rupturing of one of these small vessels results in a Subconjunctival Hemorrhage. This appears as a sharply outlined, bright red spot on the sclera.

Most of the time no symptoms accompany subconjunctival hemorrhages. However, some patients complain of a sharp pain or pressure sensation. The hemorrhage will fade and change colors over 1-2 weeks and should clear completely.

The most common cause of a subconjunctival hemorrhage is rubbing of the eyes. Also, raising pressure in the head area by lifting heavy objects, coughing or sneezing can also cause a hemorrhage. Rarely the condition is associated with high blood pressure, bleeding or cardiovascular problems. If you have a recurrent hemorrhage, please see your primary care doctor for a complete physical exam.