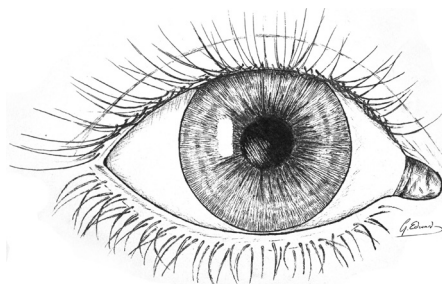


Subconjunctival Haemorrhage after Intravitreal treatment

Ophthalmology



Introduction

This information sheet is for patients who have subconjunctival haemorrhage after anti-VEGF therapy for their eye condition.

This leaflet will help you understand what to expect and how to manage a subconjunctival haemorrhage.

What is a Subconjunctival Haemorrhage?

A subconjunctival haemorrhage occurs when the tiny vessels bleed between the two layers of the outside of the eye - sclera and conjunctiva.

The sclera also known as the white part of the eye is covered by a membrane called the conjunctiva. The conjunctiva has a rich blood supply. Blood vessels are usually barely visible and are fragile and their walls break easily.

Causes of Subconjunctival Haemorrhage

For our injection patients, subconjunctival haemorrhage is often due to the minor trauma of the insertion / removal of the needle following an intravitreal injection.

Since most subconjunctival haemorrhages are painless, a person may discover a red eye only by looking in the mirror or they may be informed by the injector following the injection procedure.

Risk Factors

- Systemic vascular diseases (Hypertension, Diabetes)
- Anticoagulant medication (Warfarin, Aspirin)
- Bleeding abnormality (Leukaemia, clotting disorders).

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

Symptoms

- Usually symptom free
- Sense of fullness in the eye or under the lid
- Mild Foreign Body sensation / itching
- Mild pressure around the eye
- Mild ache.

Treatment

Please be reassured that a subconjunctival haemorrhage will not cause any visual loss, scarring or any other changes to the eye.

- The haemorrhage will appear larger within the first 24 hours after its onset and will then slowly decrease in size as the blood is absorbed
- It will resolve on its own over the course of about a week or two
- A cold compresses may reduce the discomfort
- Over the counter artificial tears can be administered to the eye if mild irritation is present.

Do you need to attend the hospital again?

You may need an Ophthalmologist review if your red eye is associated with pain, visual changes (blurred vision, double vision or difficulty seeing) or sensitivity to light.

Advice

A subconjunctival haemorrhage can look unpleasant but is in fact harmless.

Please remember:

- Your sight is not affected
- Always ring if you have any concerns
- Please be patient and let the eye heal

Where can I get more information?

We are here to help, please do not hesitate to contact us if you need any further information or advice:

Eye Referral Unit

01902 695805

Monday to Friday 08:00 to 17:00, Weekends 08:00 to 17:00

Outside of these hours, please attend the main Emergency Department and contact NHS Direct on telephone 111.

References

Cagini C, Iannone A, Bartolini A, Fiore T, Fierro T, Gresele P. Reasons for visits to an emergency center and hemostatic alterations in patients with recurrent spontaneous subconjunctival hemorrhage. Eur J Ophthalmol. 2016;26(2):188-92

<https://patient.info/eye-care/eye-problems/subconjunctival-haemorrhage>

<https://www.moorfields.nhs.uk/content/sub-conjunctival-haemorrhage>

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。