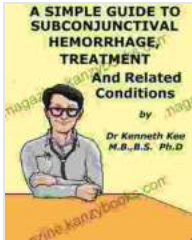


# Subconjunctival Hemorrhage: A Comprehensive Guide to Treatment and Related Diseases



**A Simple Guide to Subconjunctival Hemorrhage, Treatment and Related Diseases (A Simple Guide to Medical Conditions)** by Kenneth Kee

★★★★★ 5 out of 5

Language : English  
File size : 378 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 63 pages  
Lending : Enabled



## What is a Subconjunctival Hemorrhage?

A subconjunctival hemorrhage occurs when a blood vessel bursts beneath the conjunctiva, the clear membrane that covers the white part of the eye. This can cause the eye to appear red or bloodshot, and may be accompanied by discomfort or pain.

## Causes of Subconjunctival Hemorrhage

There are many potential causes of subconjunctival hemorrhage, including:

- Eye strain

- Coughing or sneezing
- Vomiting
- Straining during childbirth
- Trauma to the eye
- Certain medications, such as aspirin or blood thinners
- Certain medical conditions, such as high blood pressure or diabetes

### **Symptoms of Subconjunctival Hemorrhage**

The most common symptom of subconjunctival hemorrhage is a red or bloodshot eye. Other symptoms may include:

- Discomfort or pain
- Blurred vision
- Swollen eyelid
- Scratchy or burning sensation

### **Treatment for Subconjunctival Hemorrhage**

In most cases, subconjunctival hemorrhage does not require treatment. The blood will typically reabsorb on its own within 1-2 weeks. However, if the hemorrhage is large or causing significant discomfort, your doctor may recommend treatment, such as:

- Cold compresses
- Artificial tears
- Pain relievers

- In some cases, surgery may be necessary to remove the blood clot

## **Related Diseases**

Subconjunctival hemorrhage can be associated with a number of other eye conditions, including:

### **Pinguecula**

A pinguecula is a yellowish bump that forms on the conjunctiva, typically on the nasal side of the eye. It is made up of fatty deposits and is usually harmless.

### **Pterygium**

A pterygium is a fleshy growth that extends from the conjunctiva onto the cornea. It can cause irritation, redness, and blurred vision.

### **Conjunctivitis**

Conjunctivitis, also known as pink eye, is an inflammation of the conjunctiva. It can be caused by bacteria, viruses, or allergies, and can cause redness, itching, and discharge.

## **When to See a Doctor**

Most subconjunctival hemorrhages are harmless and will resolve on their own. However, it is important to see a doctor if you experience any of the following:

- The hemorrhage is large or causing significant discomfort
- The hemorrhage does not resolve within 1-2 weeks

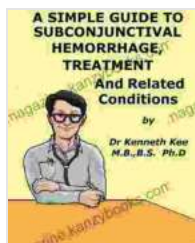
- You have a history of eye problems
- You are taking any medications that could increase your risk of bleeding

## Preventing Subconjunctival Hemorrhage

There is no surefire way to prevent subconjunctival hemorrhage. However, there are some things you can do to reduce your risk, such as:

- Avoid straining your eyes
- Avoid coughing or sneezing forcefully
- Avoid vomiting
- Be careful when using sharp objects near your eyes
- Talk to your doctor about any medications you are taking that could increase your risk of bleeding

Subconjunctival hemorrhage is a common eye condition that is usually harmless. However, it is important to be aware of the symptoms and when to seek medical attention. By following the tips in this guide, you can help reduce your risk of subconjunctival hemorrhage and maintain good eye health.



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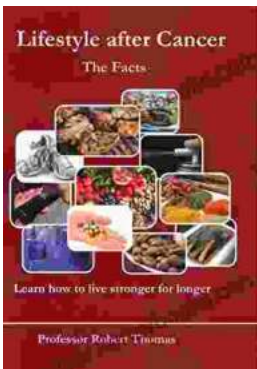
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