

## Who We Are

### About Us

Dr. Cecchi offers a wide variety of eye and vision related services.

Specializing in cataract surgery, he also offers comprehensive eye exams, glaucoma screening and treatment, macular degeneration monitoring, and functional eyelid surgery.

### Contact Us

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## Subconjunctival Hemorrhage

## What is it?

The conjunctiva is the clear membrane which covers the white part of the eye known as the sclera. It protects and lubricates the eye and allows it to turn easily. The conjunctiva contains many small rather fragile blood vessels.

Rupture of one of these small vessels or capillaries results in a subconjunctival hemorrhage. This appears as a sharply outlined bright red spot on the sclera.

Most of the time there are no symptoms. However, some patients complain of a sharp pain when it begins. Many people become alarmed by the sudden onset of this common problem, but it is not associated with any diseases that can cause loss of vision. The hemorrhage tends to fade over the following two to three weeks and clears last in the area next to the colored part of the eye (the iris).

The most common cause is simple rubbing of the eyes. This mechanically distorts the conjunctiva which can burst on the small blood vessels. Raising pressure in the capillaries also can cause it: heavy lifting, bending, sneezing, or coughing is associated with this condition. Most of the time an obvious cause is not found.

## Treatment

No specific treatment is needed. Sometimes artificial tears can soothe the eye if it is irritated. Gentle application of moist warm compresses can also help. If the hemorrhage is extensive stopping medication such as aspirin or other blood thinners can help heal the hemorrhage more rapidly. Ask your primary doctor if it is safe for you to stop such medication.

In some cases, anti-coagulant levels need to be checked if the hemorrhage occurs spontaneously. Inform your eye doctor if you are on these medications.