

## Contact Details

If you have any questions please telephone the RUH Emergency Department on

**01225 824000 (day)**  
**01225 825015 (night)**

Royal United Hospitals Bath  
NHS Foundation Trust  
Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net)  
or telephone 01225 825656.

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## Subconjunctival haemorrhage



## Subconjunctival haemorrhage

This is the technical term for a bruise of the white part of the eye caused by the bursting of a small blood vessel. It may be associated with straining (eg. coughing or sneezing) or high blood pressure, but often happens for no obvious reason.

This condition is not nearly as serious as it looks. The blood slowly spreads, changes colour and then disappears completely over two or three weeks. No treatment is required.

We will check your blood pressure in the Emergency Department to make sure this is normal. If you get frequent subconjunctival haemorrhages and easy bruising of other parts of the body, you should tell your own family doctor as this may be due to a problem with your blood clotting.