

## Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

### Customer Services Department

Livewell Southwest  
Room AF3, Local Care Centre  
200 Mount Gould Road  
Plymouth  
PL4 7PY

**Tel:** 01752 435201

**Email:** [customerservicespch@nhs.net](mailto:customerservicespch@nhs.net)

## Contact details

**The Minor Injuries Units are open every day of the year, including Bank Holidays.**

### Minor Injuries Unit Cumberland Centre

Damerel Close  
Plymouth  
PL1 4JZ

**Tel:** 01752 434390

**Opening times:** 8:30am - 9pm

### Minor Injuries Unit South Hams Hospital

Plymouth Road  
Kingsbridge  
TQ7 1AT

**Tel:** 01548 852349

**Opening times:** 9am - 5pm

### Minor Injuries Unit Tavistock Hospital

Spring Hill  
Tavistock  
PL19 8LD

**Tel:** 01822 612233

**Opening times:** 8am - 10pm

[www.livewellsouthwest.co.uk](http://www.livewellsouthwest.co.uk)

 Livewell Southwest

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## Information & Advice

# Subconjunctival Haemorrhage

## Minor Injuries Unit

Cumberland Centre  
South Hams Hospital  
Tavistock Hospital

## What is a subconjunctival haemorrhage?

A subconjunctival haemorrhage is caused by the very small blood vessels in the conjunctiva leaking.

The conjunctiva is a loose thin layer of skin that covers the white of the eye.

The blood vessels are very small and are easily broken.

A subconjunctival haemorrhage is like a bruise on the outside surface of the eye and appears as a solid red area beneath the conjunctiva.

### Causes

- Coughing
- Sneezing
- Heavy lifting
- Rise in blood pressure
- Accidents

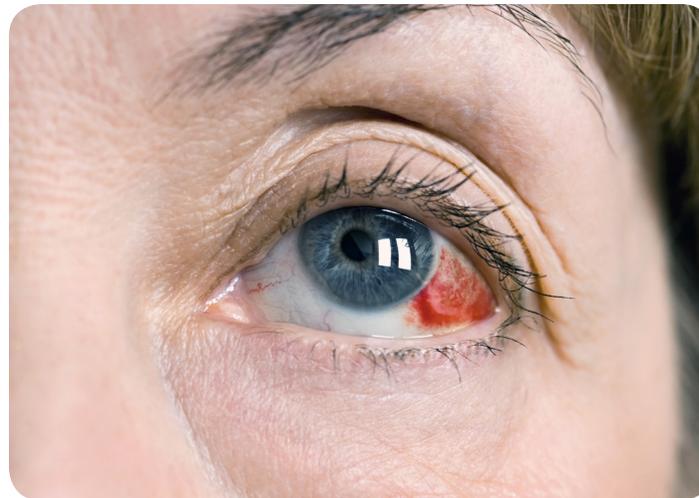
### Symptoms

There are usually no symptoms.

It is first noticed by someone else asking you what you have done to your eye.

You may notice it yourself when you look in the mirror.

## Images of subconjunctival haemorrhage



## Diagnosis

The Doctor or Nurse Practitioner will examine you and you will have your blood pressure checked.

## Treatment

**It will not damage your eyesight.**

It can be very frightening to look at, but it is nothing to worry about.

There is no treatment.

It may spread before it begins to get better.

It may change colour like a bruise, turning yellow before dispersing. It may take up to 4 weeks to clear completely.

Artificial tears or lubricating drops can help if the eye feels dry or swollen.

## The future

If it happens again, it is advisable for you to make an appointment to see your family doctor.

This is to have your blood pressure checked.