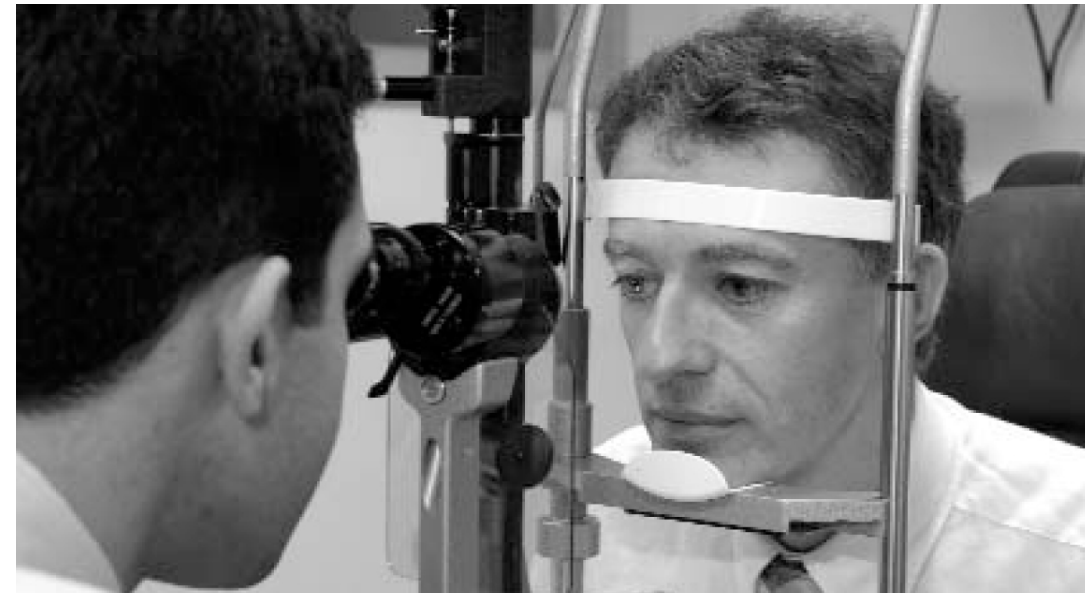


Remember...

- Always wash your hands before and after touching your eye/s
- Always finish the course of treatment if you have been prescribed medication, even if your symptoms have improved
- Always have regular eye checks with your Optometrist.
- Always protect your eyes with goggles or glasses when carrying out DIY or using any power equipment
- If you splash anything into your eye always rinse with plenty of tap water and seek medical advice
- Never use anyone else's medication (this includes eye-drops)

Hyphaema



The Eye Unit

Information and advice for patients
about Hyphaema

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What is a Hyphaema?

A hyphaema is the technical term for a bleed inside the eye. The bleed happens in the front of the eye in the clear fluid called the aqueous humour.

What causes a Hyphaema?

The bleed usually happens as a result of quite a hard blow to the eye or 'blunt injury'. The blood vessels on the iris (coloured part of your eye) bleed. It can be a small bleed, sometimes so small that the blood can only be seen with a microscope or slit lamp. At other times it can be quite serious with the whole aqueous humour being taken up with the blood.

Will I notice any problems?

You may notice blood inside the eye, this usually settles to give a line of blood in front of the iris. Depending on how bad the injury is your vision may be affected. Your vision is often worse in the mornings as the blood moves around over night, then settles again as you sit or stand upright. As the blood settles your vision will get better.

What is the treatment for Hyphaema?

- Always wash your hands before and after touching your eye/s
- Rest - This is very important. The blood will gradually be absorbed but if you move around it can take longer. It can also bleed again which could cause severe problems for your eye and eyesight
- Take it easy!
- No sports, no bending, no lifting, no housework or any physical exertion

- Do not go back to work or school until instructed by your doctor
- Eye drops - usually anti-inflammatory eye drops to help the eye settle. You may also be given antibiotic eye drops if the surface of the eye is damaged

Will I need to have further appointments?

Yes, we usually watch the injured eye closely until the blood has reabsorbed. Then you will have a further appointment three to four weeks later to check that there is no lasting damage to the eye. It is unusual to have lasting damage but there is a risk particularly if the injury was very severe.

Are there any complications?

Sometimes the eye can bleed again. If this happens the vision will suddenly become reduced or blurred and the eye may be painful.

The pressure inside your eye can rise above normal levels. If this happens, you would need another eye drop to bring the pressure down until the Hyphaema has gone.

If you have any problems or questions about your condition or treatment, please do not hesitate to ask any member of the medical or nursing staff caring for you.

For further information and advice please contact:

Emergency Helpline: 0300 019 4181

Mon-Sat: 8am-6pm

Sunday: 8:30am-2pm

and bank holidays: 8:30am-6pm