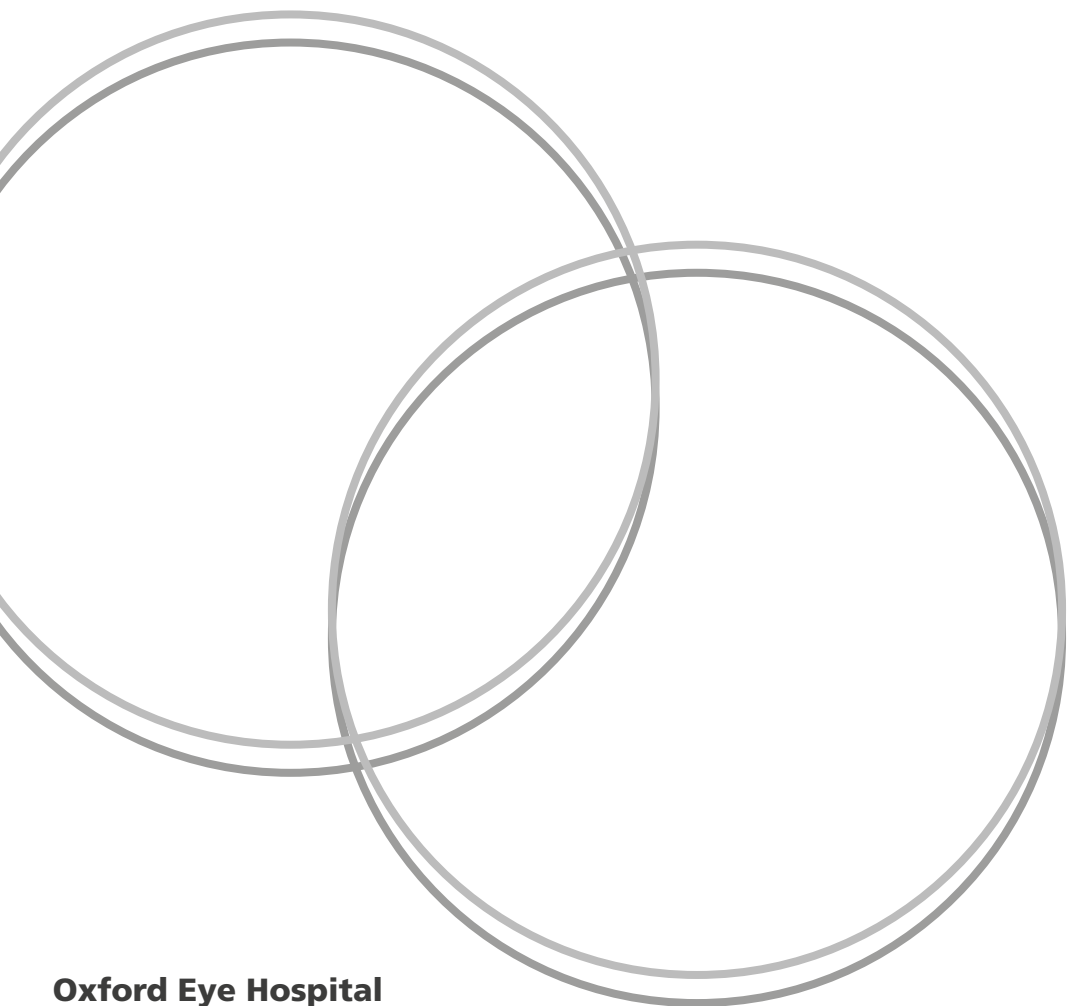




Oxford University Hospitals
NHS Foundation Trust

Hyphaema

Information for patients



Oxford Eye Hospital

Hyphaema

You have a condition of the eye known as hyphaema. This means that there is a small bleed inside your eye, in front of the iris (the coloured part of your eye).

The following guidance will help to resolve the condition quickly.

If you are (or will be) on blood thinning medication(s) during the period of having hyphaema or if you have an abnormal blood condition such as thalassaemia or sickle cell disease, please inform the clinician.

What to do when you get home

Rest:

This is very important! Please rest either by **sitting upright** in a chair or by supporting yourself with several pillows in bed. During the night, please sleep at 45 degree upright. The small amount of blood will be absorbed very quickly. If you move around, it will swirl about and it may take slightly longer for your eye to get better. It can also cause your eye to bleed some more. Please avoid sports, bending, lifting or anything that increases your blood pressure. You should not go back to work until instructed to do so.

Drops:

We will prescribe some eye drops which will help your eye to heal. We may give you an eye drop that dilates your pupil. Your vision could temporarily become blurry while you are using this drop. The pressure in the eye pressure could go up when there is a bleed in the eye. If this happens we may give you additional eye drops to lower the eye pressure. Please follow the instructions that come with the drops. It is important to take them at the correct time. You must be careful not to poke your eye when putting the drops in.

Return appointment

Sometimes it is necessary for your eye to be checked to make sure the blood is clearing. Please come back to the Eye Hospital when you are asked to.

What to do if your eye bleeds again

Sometimes the eye can re-bleed. If this happens, your vision will suddenly become reduced or blurred and the eye might be painful.

You will need to be seen in Eye Emergency Department. Please do not attend before calling our telephone triage line.

Call: **01865 234 567** option 1 followed by option 1 to arrange a review.

You can also use this number if you have any questions concerning your eye condition or treatment. You will speak to a clinical member of staff who will be able to give advice or arrange a review if clinically required.

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Rebecca Turner, Matron, Specialist Surgery
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Oxford University Hospitals NHS Foundation Trust
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charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

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