

A subconjunctival hemorrhage (sub-kun-JUNK-tih-vul HEM-uh-ruj) occurs when a tiny blood vessel breaks just underneath the clear surface of your eye (conjunctiva). In many ways, it's just like having a bruise on your skin. The conjunctiva can't absorb blood very quickly, so the blood gets trapped

Subconjunctival hemorrhage is a condition in which blood collects under the conjunctiva, which is the clear membrane that covers the white part of the eye. This can cause the white part of the eye to appear red or pink. When retro-ocular headache is accompanied by subconjunctival hemorrhage, it may be a sign of a more serious underlying condition.

There are several possible causes of subconjunctival hemorrhage, including trauma to the eye, straining or coughing, high blood pressure, bleeding disorders, or certain medications such as blood thinners. In some cases, subconjunctival hemorrhage may occur spontaneously without any apparent cause.

When retro-ocular headache is accompanied by subconjunctival hemorrhage, it is important to see a healthcare provider for an evaluation to determine the underlying cause. Treatment may involve addressing the underlying cause, such as managing high blood pressure or stopping certain medications, or it may involve symptomatic treatment for the headache.

It is important to seek prompt medical attention if you experience severe or persistent retro-ocular headaches accompanied by subconjunctival hemorrhage, as this may be a sign of a more serious underlying condition that requires immediate treatment.

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