

Oxford Radcliffe Hospitals **NHS**
NHS Trust

Oxford Eye Hospital

Hyphaema

Information for patients



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.

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. 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. You must take life easy. No sports, bending or lifting. 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. 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 should return to the eye casualty department **immediately**. If this is not possible, telephone the Eye Hospital and ask for advice.

How to contact us

If you are at all worried or confused, please do not hesitate to contact the Eye Hospital on:

Tel: **(01865) 234800**

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473**.

When we receive your call we may transfer you to an interpreter. This can take some time, so please be patient.

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