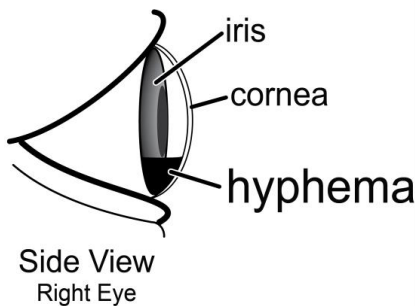
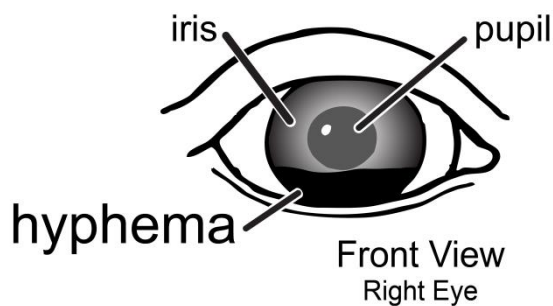


Emergency Services

# Hyphema

Hyphema (sounds like 'high-fee-ma') is a pooling or collection of blood in the front part of the eye, in the space between the cornea and the iris. The bleeding is usually from a blow to the eye.



The blood usually absorbs in about 5 to 7 days. However, there is a chance it could bleed again within the 14 days following the injury.

The bleeding can increase the pressure within your eye. Too much pressure could damage your eyesight.

As with any eye injury, the biggest concern is permanent damage.

## Signs of a hyphema

- Depending on how much bleeding there is, you might see blood collecting in the lower part of the eye, in front of the iris.
- If the front part of the eye fills with blood, your vision might become blurry, clouded, or blocked.
- You might have pain in and around the eye from the increased pressure in the eye.
- You might find it hard to see in bright light (light sensitivity).

## When to get help

See your family doctor, eye doctor, or go to a walk-in clinic if you notice any of the following:

- You have a sudden sharp pain in your eye. This could be a sign of new bleeding or increased pressure in your eye.
- Your vision changes or becomes worse.

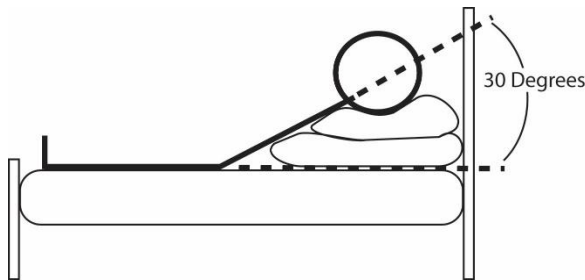
**How to take care of yourself at home**

**For at least the next 7 days:**

- Wear the eye shield over the injured eye.
- Rest your eyes. This means try not to do too much reading. You want to limit how much your eyes move.
- Use eye drops as directed. Make sure you put the eye shield back on after putting eye drops in your eye.
- If you have pain, you can take acetaminophen (Tylenol or store brand).

**Do not take** ASA (Aspirin or store brand) or ibuprofen (Motrin, Advil, or store brand). These medicines can increase bleeding.

- When sleeping, use pillows to raise your head and upper body at least 30 degrees from the bed. This helps your body absorb the blood.



**\*\*If you can still see the hyphema after 7 days, continue to follow the instructions above until you can no longer see the hyphema.**

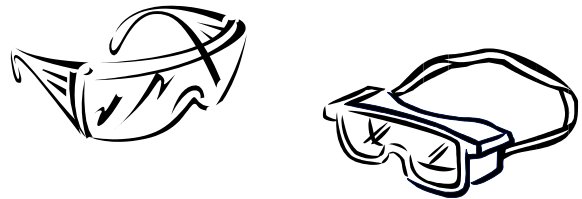
**For the next 2 weeks:**

- **Do not** do any heavy lifting or heavy exercise. This helps prevent any further bleeding.

**Prevent eye injuries in the future**

Always wear safety goggles or a face shield when:

- playing sports
- working with power tools
- any kind of debris could fly at you at high speed



**To learn more, it's good to ask:**

- Your family doctor
- Your pharmacist
- Fraser Health Virtual Care  
1-800-314-0999 or live chat online at [fraserhealth.ca/virtualcare](http://fraserhealth.ca/virtualcare)  
10:00 a.m. to 10:00 p.m., daily
- HealthLinkBC - call 8-1-1 (7-1-1 for deaf and hard of hearing) or go online at [HealthLinkBC.ca](http://HealthLinkBC.ca)