



Patient & Family Guide  
2023

# Hyphema

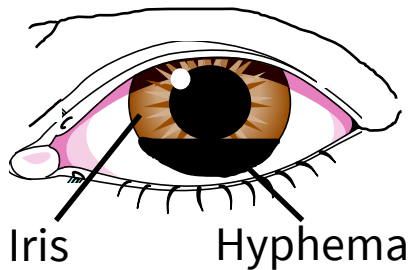


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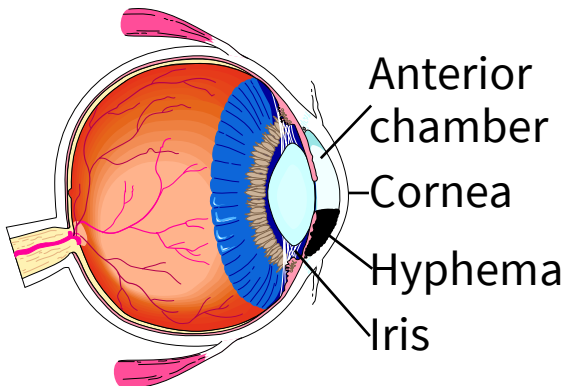
# Hyphema

## What is hyphema?

- The space at the front of the eye between the cornea and the iris is called the anterior chamber. Hyphema is when there is blood in the anterior chamber.



- Bleeding may cause the pressure in your eye to get worse. This can cause permanent vision loss and other serious problems.



- Hyphema is usually caused by a blunt injury (injury caused by a very strong force).
- When you have hyphema, your vision may get worse. Over time, the blood will go away and your vision will get better. This usually takes about 5 to 7 days.
- For about 14 days (2 weeks) after the blood goes away, there is a risk that your eye will start bleeding again while it is healing.
- **It is very important to follow directions from your health care team to help stop your eye from bleeding again.**

**What are your questions?**

**Please ask. We are here to help you.**

## Caring for your eye

- Wear an eye shield at all times to protect your eye.
- Rest for several days.
- **Do not** lift anything over 10 pounds or exercise for 14 days.
- **Elevate (raise up) the head of your bed to 30 degrees at all times.** You can do this by placing 2 pillows under your head. This will help the blood in your eye settle.
- You will be given a prescription for eye drops to take at home:
  - › Atropine (bottle has a red top): makes your pupil bigger and blurs your vision
  - › Prednisolone acetate: an anti-inflammatory that lowers swelling
- **Do not** take ASA (Aspirin®) or ibuprofen (Advil®).
- You can take acetaminophen (Tylenol®) for pain, as needed.

- Protect your eye from future injury by always wearing:
  - › safety goggles during sports.
  - › a face shield on a hockey helmet.
  - › safety glasses.

**Call your eye doctor right away if you have sudden, sharp pain in your eye. This may mean there is new bleeding.**

Eye doctor's phone:

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**If you cannot reach your eye doctor:**

- Call Locating at the VG and ask to have the ophthalmology resident on call paged:
  - › Phone: 902-473-2222

or

- **Go to the nearest Emergency Department (ED). Do not drive yourself to the ED.**

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### **Looking for more health information?**

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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The information in this pamphlet is to be updated every 3 years or as needed.