



Patient & Family Guide
2020

Hyphema

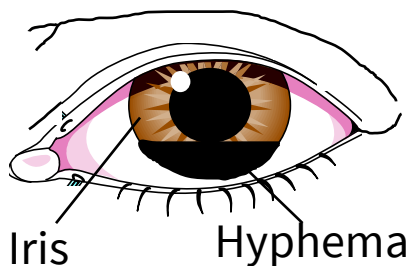


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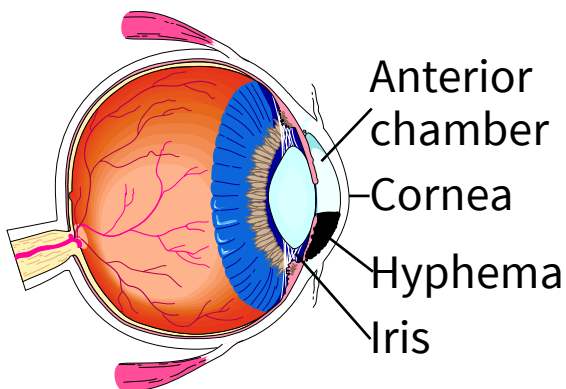
What is hyphema?

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



This is usually caused by blunt injury. When you have hyphema, your vision may decrease. Over time, the blood will be absorbed and your vision will get better. This usually takes about 5 to 7 days.

Bleeding may cause the pressure within the eye to increase. This could cause a serious problem, or even permanent vision loss.



The greatest risk is that the eye may bleed again. This is a risk during the healing process, up to 14 days (2 weeks) after the bleed. It is very important that you follow the directions of your nurse or doctor.

Caring for your eye

- Wear an eye shield at all times to protect your eye.
- You will be asked to limit your activities for several days.
- **The head of your bed must be elevated (raised up) at 30 degrees at all times.** This lets the blood settle by gravity.
- You will need prescriptions for eye drops to take at home.
 - › Atropine (red top): enlarges (makes bigger) your pupil and blurs your vision
 - › Prednisolone acetate: is an anti-inflammatory
- Do not do any heavy lifting or exercise for 14 days.
- **Do not take ASA (Aspirin®) or ibuprofen (Advil®).** If needed, take acetaminophen (Tylenol®) for discomfort.

- Sudden sharp pain in your eye may mean that there is new bleeding. **It is important that you contact your eye doctor right away.** If you are not able to reach your eye doctor:
 - › call locating at the VG at 902-473-2222 and ask to have the ophthalmology resident on call paged **OR**
 - › go to the nearest Emergency Department.
- **Always protect your eye from injury in the future by wearing:**
 - › safety goggles during sports
 - › a face shield on a hockey helmet
 - › safety glasses

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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>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

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