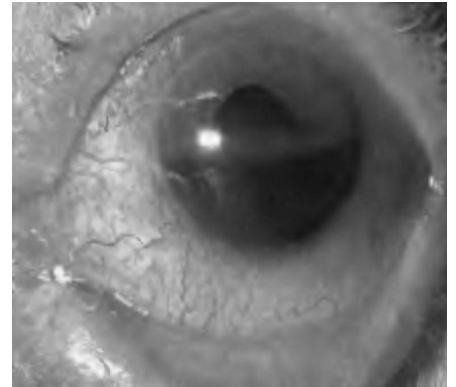


Hyphema

This material will help you understand hyphema and how it is treated.

What is hyphema?

A hyphema is a painful condition that occurs when blood collects inside the front part of the eye. This blood may cover part or all of the pupil and colored part of the eye, or the iris. You can have decreased vision if the blood blocks the light from coming into the eye.



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What causes hyphema?

Hyphema is usually caused by trauma - being hit in the eye. There are also less common causes such as eye infections, blood clotting, and cancers of the eye.

How is hyphema treated?

Your eye doctor will decide the best treatment for you. If your hyphema is not severe enough to need surgery, you will need to rest to let your eye heal. You will need to wear a shield over your eye at all times because if you get hit in the eye again, even a little bit, the eye can bleed again and make things worse. In order for the blood in your eye to settle, you need to rest and strictly limit your activities. You have to sleep on three pillows so your head is elevated.

That way, the blood cells that are swirling around inside your eye will settle to the bottom of your eye, like in a snow-globe. Once the blood cells settle to the bottom, the body can re-absorb them. That means you cannot bend over or allow your head to go below your knees because you will stir up the “snow-globe” of red blood cells inside your eye and make it more difficult for the body

to absorb them. You also cannot take any blood thinning medications until the blood is absorbed. So, you cannot use ibuprofen or Motrin for pain. You can use Tylenol for pain.

For more information, scan the code with your smartphone or visit the website listed.



<http://www.geteyesmart.org/eyesmart/diseases/hyphema.cfm>

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