

## **HYPHEMA**

You have a hyphema. A hyphema is bleeding in the front chamber of the eye, between the cornea (the clear outer covering of the eye) and the iris (the colored portion of the eye). It may occur from injury to the eye, commonly from ball and racquet sports activities. It often will cause red-tinted, blurry vision on the affected side. Mild hyphemas usually clear up within 1 week. More significant hyphemas may cause significant loss of vision.

### **HOME CARE INSTRUCTIONS:**

- Follow your caregiver's instructions, otherwise more bleeding may occur. This could result in permanent loss of vision.
- Rest in bed as much as possible for 5 days. Make sure to keep your head elevated. You may go to the bathroom, eat, and bathe while up.
- You may use acetaminophen (Tylenol®) for pain control. Do not use aspirin or ibuprofen (Advil® or Motrin®).
- Do not remove your eye shield as instructed, to help protect your eye from further injury.
- Do not do things requiring eye movements. You may watch TV.
- Do not bend forward or lower your head until the hyphema clears up. Do not do lifting or strenuous activities until the hyphema completely clears up, or as directed by your physician.
- Protective eye guards help prevent sports-related eye injuries. This is important when playing racquet sports.

### **SEEK MEDICAL ATTENTION IF:**

You have problems that may be related to the medications you are taking.

### **SEEK IMMEDIATE MEDICAL ATTENTION IF:**

- There is more blood in your eye than before, you have trouble seeing, or eye pain gets worse. These may be signs that the hyphema is starting to bleed again.
- You become nauseated (feeling sick to your stomach) or start to vomit.
- You feel dizzy or lightheaded.