Know all about the broken blood vessel in eye

Have you ever seen a red spot on your eye in the mirror that you weren't aware was there before? This could be a subconjunctival hemorrhage, which is a damaged blood vessel in your eye. The majority of the time, a **[broken blood vessel in eye](#)** is a harmless condition that will mend on its own, despite the fact that it may appear scary.

What conditions lead to an eye blood vessel break?

When a tiny blood vessel in the conjunctiva, the delicate, transparent layer that covers the white area of the eye, ruptures and leaks blood into the surrounding tissues, this is known as a **broken blood vessel in eye** which could be caused by a number of factors.

Eye trauma: A blood vessel rupture can result from a significant impact or injury to the eye, such as being hit by a ball or continuously rubbing the eye.

Eye strain: Long-term eye strain, such as looking at a computer screen for hours on end, can weaken and make the blood vessels in the eyes more sensitive to breaking.

High blood pressure: Hypertension, or high blood pressure, can weaken the blood vessels of the eye and increase the risk of rupture.

Blood-thinning medicine: Certain medicines, like aspirin and warfarin, can thin the blood and make it simpler for blood vessels to burst.

Coughing: Coughing or vomiting excessively can suddenly raise the pressure in an eye's blood vessels, which might trigger a **broken blood vessel in eye**.

Conjunctivochalasis: This condition causes an unusual number of tissues to develop on your eye. The extra tissue may cause discomfort and blood vessel ruptures.

Strong, frequent sneezing: A blood vessel can occasionally burst as a result of severe sneezing brought on by allergies or a cold.

Cough: Similar to sneezing, coughing can have an impact on the blood vessels in your eyes, particularly if it is more severe than usual.

Broken blood vessels in the eye symptoms ?

Bright crimson patch on the white of the eye is the most typical sign of a **broken blood vessel in eye**. This can be problematic, especially if it occurs suddenly and for no particular reason.

A damaged blood vessel in the eye, however, typically causes little pain and has no impact on vision. Although there could be a brief feeling of pressure or fullness in the eye, this usually goes away on its own within a few days.

Treatment for a broken blood vessel in the eyes?

Most of the time, a **broken blood vessel in eye** heals on its own within a week or two without the requirement for any special care. However there are a few things you can do to enhance the healing process and reduce any pain you might be feeling:

Use an ice pack: This can help to lessen swelling and irritation in the afflicted eye. Several times a day, gently hold a few ice cubes wrapped in a clean towel against the eye for 10 to 15 minutes at a time.

Blood pressure control: If you have high blood pressure, you should improve your lifestyle and/or take medication to control it. This will reduce the possibility of further damage to the eye's blood vessels.

Avoid blood-thinning medications: See your physician about whether you should temporarily stop taking any blood-thinning medications until the **broken blood vessel in eye** has healed.

It is crucial to contact a doctor if you experience frequent cases of broken blood vessels in the eye or other symptoms in order to identify the actual cause and stop further eye damage.

Resource Url- https://greenhostit.com/broken-blood-vessel-in-eye/