Intraconal orbital fat can herniate into the subconjunctival space when Tenon’s capsule is violated spontaneously or after trauma or surgery. This process appears as a unilateral or bilateral, elevated, compressible, yellow-orange mass with visible lipid globules. It is most commonly located in the superotemporal quadrant of the globe in elderly, obese men.
Orbital fat that prolapsed spontaneously, resulting in adjacent subconjunctival hemorrhage

Reference(s):

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