## **FACE AND EYELID HYGIENE**





**GENERAL FACE WASH** 

Ocusoft Original foam Simple wipes Dove Sensitive bar soap Clinique bar soap



## OCUSOFT ORIGINAL FOAM

(\$18 Large bottle lasts ~6 mts)

- Pump onto fingers, washcloth, or cotton pad
- Wash lids/lashes (& face optional), rinse off

VANICREAM

Oils, sweat, allergens, & dirt build up on lids/lashes- Water is not enough to keep eyelids clean (do you wash hair only with water?)



## **OIL REDUCING HAIR & FACE WASH**

Seborrhea, Dandruff, Acne, Rosacea, Blepharitis, Meibomian Gland Dysfunction, Styes Oily, acne prone, OR dry/flaky skin is a sign of sensitivity to fungus/bacteria that feeds on our natural oils. Acne or dandruff formulas are Anti-fungal, Anti-inflammatory, & Oil reducing

- WASH HAIR Dandruff or Tea Tree Shampoos (Free & Clear Medicated, Head & Shoulders, T-Gel)
- WASH FACE & EYEBROWS Salicylic Acid or Zinc Pyrithione formulas (avoid foaming/liquid face washes)

Clinique Acne Bar Salicylic Acid



Vanicream Z-bar

Zinc pyrithione



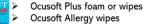
(OIL FREE) Zoria, Oasis, Ocusoft, Simple Wipes

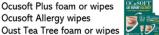
- Sensitive skin oil-free
- Avoid liquids that separate like oil
- Use Non-Waterproof Mascara













- Oasis Lid & Lash Tea Tree wipes
- Ocusoft Hypochlor spray or gel
- Vanicream Z-Bar or Clinique Acne Bar (rinse off after use)

## **INSTRUCTIONS FOR FACE/LID HYGIENE**

- WASH FACE- RECOMMENDED CLEANSER
  - Wash daily with preferred face wash (this reduces bacteria near the eyes & controls oil levels)
  - \*\*Avoid eye area if using a cleanser not approved for eyes; no oily based cleansers near eyes
- > EYELID HYGIENE- RECOMMENDED CLEANSER
  - 1-2 x a day; at least every night to remove oils/allergens/eye makeup
  - SHOWER- use a washcloth, apply warm compress, wash face, eyelids, eyebrows & rinse off thoroughly
    - Ocusoft Original Foam (maintenance) or Vanicream Z-Bar/Clinique Acne Bar (oily skin)
  - NO RINSE CLEANSERS- convenient pre-moistened wipe or foam, wipe along lids/lashes & LEAVE ON
    - Ocusoft Plus/Allergy wipes convenient to remove buildup, allergens, bacteria, makeup
    - > Tea Tree formulas are extra strength for seborrhea, infections, allergies, blepharitis
- EYE MAKEUP REMOVERS- Use oil free cleanser (never leave eye makeup on overnight)
  - Ocusoft & Oasis wipes can be used to remove eye makeup \*\*Non-waterproof mascara recommended\*\*

Products used near the eyes should be: FREE OF FRAGRANCE/DYES, OILS, PARABENS, SULFATES

- <u>Oily based products</u>-clog/damage eyelid glands, leave residue. Alcohols - strips the natural oils
- Parabens, Benzene, Phthalate, Sodium lauryl/laureth sulfate (SLS), Fragrances & Propylene glycol \*\* are known skin & eye irritants & may be carcinogenic





