

# FACE AND EYELID HYGIENE



## GENERAL FACE WASH

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



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

## OCUSOFT ORIGINAL FOAM

(\$18 Large bottle lasts ~6 mts)

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

Not in stores  
Available in  
office



## 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



## EYE MAKEUP REMOVER

(OIL FREE)

Zoria, Oasis, Ocusoft, Simple Wipes

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

- ✓ **EXTRA STRENGTH EYELID HYGIENE** Use No Rinse wipes or foam (antibacterial, anti-allergen, anti-fungal)

- Ocusoft Plus foam or wipes
- Ocusoft Allergy wipes
- Oust Tea Tree foam or wipes



- 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

- ➔ **Oily based products**-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



No Sulfates



No Parabens