

FACE AND EYELID HYGIENE



GENERAL CLEANSERS RECOMMENDED

- Ocusoft Original foam
- Simple wipes (paraben/sulfate/fragrance/oil free)
- Sensitive bar soaps (DOVE, CLINIQUE, NEUTROGENA BAR)
- Vanicream Z-Bar (bar soap for oily skin/rosacea/blepharitis- safe for eyelids/lashes)
- Clinique Acne Bar (safe for eyelids/lashes)



OCUSOFT FOAM
Not sold in stores.
Available in our office
\$19 (lasts ~ 6 months)

NO RINSE EYELID CLEANSING WIPES

- Ocusoft Plus Sold in stores, but may be hard to find. Available in our office
Caution: Do not substitute for Ocusoft original or generic wipes
- Ocusoft Allergy (tea tree formula) NOT Sold in stores - Available in our office
- Ocusoft Oust (extra strength) NOT Sold in stores - Available in our office
- Ocusoft Baby (plus wipes in large/extra soft wipe) Available in our office & in stores

INSTRUCTIONS FOR FACE/LID HYGIENE

 x a day (at least every night to remove oils/allergens/eye makeup)

SHOWER- use a warm, wet washcloth- apply warm compress. Wash face, eyelids, eyebrows & rinse off

NO RINSE WIPES- wrap wipe around finger, clean upper & lower lid margins/lash-lines, use clean side each eye do not rinse off, dispose after each use (*tip: cut wipes in 1/2 & tuck 1/2 back in pack to get 60 uses per box*)

EYE MAKEUP REMOVERS- Use oil free cleanser (never leave eye makeup on overnight)

- Ocusoft 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/Sulfates**- known irritants/carcinogens