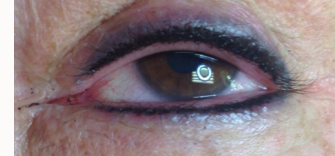


## COSMETICS NEAR THE EYES LESS IS MORE!

**MOISTURIZERS & COSMETICS**- DO NOT rub oily based products on the eyelids/eyelash margins. Keep moisturizers & oily based cosmetics **1** finger width away from lashes

➤ **MASCARA** Eg: *Clinique Lash Power, Neutrogena Healthy, Zoria Sensitive, Sephora Tarte Amazonian Clay*

- DO- Apply mascara to upper lashes only & avoid the base of lashes
- DON'T- Use fiber mascara or waterproof mascara
- DON'T- Use fake eyelashes or eyelash extensions
  - ➔ RISK OF ALLERGY TO GLUE
  - ➔ RISK OF INFECTION
  - ➔ CAUSES dry eye symptoms to worsen
- CAUTION- *Latisse & Rodan & Fields* Lash boost can worsen dry eye & lid conditions- ask Dr. Mayes before use
- CAUTION- Eyelash dyes may be beneficial, but risk of reaction to chemicals used



➤ **EYELINER**

- DO- Apply on the outer portion of lid margins (skin)
- DON'T- Apply on the "water line" or inside of Lash margins
- CAUTION- Permanent eyeliner may damage oil glands  
Ask Dr. Mayes first & find an experienced practitioner  
CAUTION- risk of severe reaction, worsening of dry eyes, infection



➤ **EYE SHADOW**

- DO- Use cream or stick shadows to minimize dust in eyes
- DON'T- Use glitter or powder shadows



➤ **EYE MAKEUP REMOVERS** – Mascara & eye liner traps *oils, allergens, & bacteria* during the day

- DO- Use Oil free cleansers to remove eye makeup thoroughly every night
- DON'T- Use oily based eye makeup removers or liquids that separate like oil
- DON'T- Sleep with eye makeup on
- CAUTION- Micellar water is not officially approved for dry eye conditions

➤ **EYE MAKEUP**- Red, irritated eyes are a sign of sensitivity

Try *sensitive/natural* eye makeup, *Decrease* amount of makeup used  
Wear eye makeup *less* often or *discontinue* completely if symptoms persist

