

HOW MAKEUP AND CREAMS CAN AFFECT OUR EYES...



DRY & RED EYE CLINIC
at myoptic

DID YOU KNOW?

The United States has not passed a major federal law regarding the safety of what is in our personal care products since 1938. Unfortunately, there are very few toxins and chemicals that are banned in the United States unlike the European Union that have banned over 250 chemicals. The U.S. has banned just 30 chemicals from our beauty and makeup products to date.

These products that we use daily not only affect our systemic health but can affect the health of our eyes as well.

MAKEUP AND DRY EYES.

It is time to consider that what we put on and around our eyes may be contributing to your dry and red eyes.

The chemicals in these products can cause plugging and inflammation of our meibomian glands. Many of the make up products we use can flake and superficially plug the openings of our glands. These glands play an important role in providing the oil layer of our tear film and this layer serves to protect and seal the tear film on the cornea.

RETHINK YOUR MAKEUP ROUTINE.

First, consider using makeup products free of toxins. Ask your doctor for companies that he or she recommends. Consider using an eye makeup remover formulated for the eyes. Always discuss the use of lash lengthening serums or eyelash extensions/lash lifts with your optometrist.

TEN HELPFUL TIPS:

1. Clean eyes start with clean brushes.
2. Avoid waterproof mascara or other oil based makeups that can build up as debris on contacts.
3. Avoid loose glitter and powder eyeshadow. Try cream based products.
4. Avoid fiber lash lengthening mascara-the fibers can enter the eye and cause mechanical irritation.
5. Use hypoallergenic products.
6. Replace cosmetics every 6 months at least. Replace eye makeup every 3 months.
7. Always apply makeup outside of the lash line to avoid clogging the oil glands on the lid margin.
8. Avoid mascara that flakes and powder makeup.
9. Always remove all makeup before sleeping.
10. Put contacts in before makeup and take contacts out first before removing makeup.

EVERY DAY CHEMICALS TO AVOID:

Sodium laureth sulfates
Formaldehyde
Preservatives
Parabens
Phenoxyethanol
Retinols