

## **Instructions for patients who wear cosmetics:**

Patients who wear cosmetics need to take special care because many cosmetics can cause irritation of the eyes. Here are some helpful hints:

- Apply your makeup, including moisturizers, only after applying your contact lenses.
- Always take off all of your eye makeup; fine bits of makeup can get into your eyes and cause irritation.
- Consider using disposable mascara wands if you have frequent problems with irritation around your eyes.
- Stick to hypoallergenic make-up formulas. Avoid eyeliner that contain shimmer; the mica that makes the shimmer can scratch skin and cause irritation.
- Use waterproof mascaras and eyeliners, especially if you have problems with smearing after using eye drops, or tearing up easily.
- Do not line the inner rims of your eyes with eyeliner; this can block glands in your eyelids and cause irritation.