



SAFE USE OF EYE COSMETICS

Eye cosmetics are made to enhance your appearance. Improper use of eye cosmetics can lead to serious eye infections, irritations, corneal injuries, damage to contact lenses and allergies.

- Most new eye cosmetics bought from well-known national brand companies are free from bacteria that can cause eye infections.
- Most contain preservatives that prevent the growth of bacteria.
- Misused and improperly preserved eye makeup can cause eye infections.
- Bacteria can grow fast in a product and get into the eye. If the brush scratches the cornea, bacteria on the brush can enter the scratch.

Tips for using eye cosmetics safely

- Wash your hands before applying makeup. Some bacteria can transfer from your hands to your eyes.
- Disposable applicators are the best to use, but keep all applicators clean and in good condition. Do not reuse old applicators.
- Cosmetics should be kept away from extreme heat and cold that can break down the preservatives, allowing bacteria to grow. Do not carry mascara in your purse or leave makeup in your car.
- Avoid "natural" and "preservative-free" products. Bacteria may thrive in these products.
- Moisture promotes the growth of bacteria so do not moisten cosmetics with water or saliva.
- Do not share your makeup with others or use someone else's makeup.
- Do not switch mascara brushes from one vial to another.
- Never apply makeup while driving or riding in a moving vehicle.
- To reduce the chance of allergic reaction, use cosmetics labeled "fragrance-free," "hypo-allergenic" or "for sensitive skin."
- Always remove makeup every night. Never sleep with eye makeup on.
- Never separate lashes with a pin, toothpick or other pointed object.

Special Information for Contact Lens Wearers

Contact lens wearers must take extra care when applying and removing eye cosmetics. Improperly used cosmetics can lead to lens deposits, scratches, eye irritations, allergies, dryness, injuries and infections.

This publication is copyrighted. This sheet may be reproduced—unaltered in hard print (photocopied) for educational purposes only. The See Jane See name, logo, telephone number and copyright information may not be omitted. Electronic reproduction, other reprint, excerption or use is not permitted without written consent. Because of the time-sensitive nature of the information contained in this publication, contact Prevent Blindness America for updates. SJS_FS15 9/13 © 2013 Prevent Blindness America® All rights reserved.

A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800.435.7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. s. 496-405







Learn more about women's eye health at seejanesee.org

Prevent Blindness America T 800.331.2020 PreventBlindness.org

SAFE USE OF EYE COSMETICS (Continued)

Cosmetic or zero-power contacts come with the same risks as regular contacts. Never buy cosmetic contacts without a prescription! Never share your cosmetic contacts with others or use someone else's contacts.

- Use aerosol products such as hair spray or deodorant before you insert your lenses.
- Insert lenses before applying makeup and remove them before taking makeup off.
- Oily eye makeup remover can cause a cloudy buildup on lenses.
- Use water-soluble cosmetics or those that are labeled safe for use with contact lenses.
- Use pressed powder eye shadows. Frosted and glittery eye shadows contain particles that can be harmful if they get into your eye.
- Use an eye shadow base. It can help shadow stay in place and out of your eyes.
- Avoid dislodging your contacts by applying makeup with a light touch.
- Do not apply skin creams, moisturizers or other products too closely to the eyes.
- Avoid waterproof mascara and eye makeup containing nylon or rayon fibers. These can flake off, get caught under the contact lens and scratch the cornea.
- Use pressed face powder instead of loose powder. Remove excess powder from your eyelids and eyelashes.
- Eyeliner applied to the inner eyelid can clog tiny oil glands, which can lead to an irritation.

What to do if you experience a problem

- Report persistent, severe pain to an eye doctor right away.
- If a mild irritation persists or worsens after you've stopped using the makeup, see an eye doctor right away.
- Do not apply makeup to broken or irritated skin. If you develop an eye infection, discard the makeup right away and stop using all eye makeup until the infection is gone.