EYE MAKEUP TIPS
FOR PEOPLE WHO WEAR SOFT CONTACT LENSES

Makeup belongs on your face, not your contact lenses.

Clean and dry your hands thoroughly before handling contact lenses. Use soap to wash away bacteria as well as residue from hand lotion. Lotion residue can affect vision and be difficult to clean off a contact lens. Dry hands well to remove all traces of tap water, which can contain bacteria.

Insert lenses before applying eye makeup. Micro-particles of cosmetics migrate from the outside of the eye to the tear film within minutes of application. Inserting lenses first will help to avoid trapping particles under your lens, which can be painful and could increase your risk of infection.

Remove lenses before removing eye make-up. Makeup remover, particularly those that are oil-based, can permanently alter the shape and fi t of your lenses.

Use lens care or saline solution to rub and rinse away any makeup that gets on your lens. Makeup residue can impact vision and comfort. Consider replacing your waterproof mascara, as it can be particularly difficult to remove from a soft contact lens.

Keep your eye makeup as clean as possible. Wash brushes and replace makeup frequently. Some countries require that packaging specify the ideal lifespan of a product. Look for a jar-like symbol or a simple code such as "6M", indicating that a product should be replaced after six months.

Don't share cosmetics. We all have a range of harmless bacteria on the surface of our eyes, but what is normal for one person's eyes may be unhealthy for another.

Keep eyeliner outside the lash line. While there is no scientific evidence that lining the inner rim will clog the glands that maintain healthy tears, this trend puts makeup near the surface of your eye, which could lead to discomfort or infection.

If you wear a lot of eye makeup or have sensitive eyes, consider switching to daily disposable lenses. These lenses have less opportunity to collect a build-up of makeup eye.

References available at
www.contactlensupdate.com/cosmetics

CORE — Centre for Ocular Research & Education

UNIVERSITY OF WATERLOO | SCHOOL OF OPTOMETRY & VISION SCIENCE