




Microbial keratitis

DOs AND DON'Ts OF COSMETIC USE WITH CONTACT LENS WEAR

Do

- Apply cosmetics after you insert your lenses.
- Apply eye make-up sparingly and take care so as not to risk soilage or damage to a lens.
- Apply eye make-up on the outer lid margin only, not the inside.
- Remove lenses before removing make-up.
- Remove all make-up daily with an oil-free hypo-allergenic remover.
- If you should get any make-up on your lenses, clean immediately.
- Use eye make-up that has been specially formulated to be oil and fragrance free.
- Use a non-oily mascara which is waterproof, to prevent flaking and excessive smudging. Mascara with lash-building fibres should be avoided.
- Replace mascara and eyeliner products every three to six months to avoid contamination.
- Consult your eyecare practitioner if any redness, swelling pain or irritation occurs. 



Don't

- Apply cosmetics if you have red or swollen eyes or an eye infection.
- Allow make-up to come in contact with your lens.
- Use water or saliva to lubricate the make-up applicator. This could cause infection.
- Apply eyeliner to the inner margin of your eyelid.
- Use an oil-based remover.
- Use make-up with preservatives if you have any allergies.
- Share cosmetics.
- Expose cosmetics to heat.
- Use aerosols with eyes open after lens insertion. 