



## Helpful Makeup Tips

*from Swanson Eyecare, PC*

Looking great in your contact lenses is easy if you follow these helpful tips:

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### *Choosing Makeup*

To keep your eyes looking and feeling great, try using hypoallergenic, water-soluble makeup. Don't touch your eyes or your lenses if you have makeup on your fingers. It is best to insert your lenses before applying make up.

### *Moisturizers*

Choose non-greasy facial moisturizers and eye creams to avoid creating a film on your lenses.

### *Powder and Eye Shadows*

Particles can get under your lenses and irritate your eyes. If you use powder, try using pressed instead of loose powder with a brush/puff. Eye shadows can cause the same problem so be sure to use ones that aren't powdery or perfumed. Avoid metallic or glittery makeup.

### *Mascara and Eyeliner*

Water-based mascara usually works best with your contact lenses. Lash extending mascara has fibers in it that can irritate the eyes. Apply it carefully-not too thick (to keep dried clumps out of your eyes) and not too close to the base of your lashes. If you use eyeliner, try the soft pencil type so it won't flake.

### *Taking it off*

Unfortunately, it is difficult to remove make-up from the surface of your contact lenses. Be sure to rub each surface of your lens after removing with the cleaner that your doctor has recommended. MiraFlow brand contact lens cleaner (by CibaVision) is a very good cleaner for removing make-up deposits from both soft and rigid contact lenses. Excessive build-up of make up may require lens replacement.