

**OPTOMETRISTS  
CONTACT LENS PRACTITIONERS  
BEHAVIOURAL OPTOMETRY  
CHILDREN'S VISION**



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### **Hints Regarding Cosmetics and Contact Lenses**

1. Always wash your hands thoroughly before handling your contact lenses.
2. It is generally best to insert your contact lenses before applying your makeup; this way your fingers will still be clean when inserting your lenses. However, if your close up vision is worse when wearing your contact lenses, you may prefer to put your makeup on first; if so, make sure to wash your hands so that they are free of any traces of cosmetics before handling the lenses.
3. Regularly wash eye-shadow applicators, and sharpen eye-pencils before each application, to prevent build up of bacteria and minimise risk of infection.
4. It is best to use "Ophthalmologist tested" mascaras to minimise risk of eye irritation or allergy.
5. Dispose of mascaras every 3-4 months to prevent build up of bacteria.
6. Avoid waterproof mascaras whilst wearing contact lenses as accidental transfer of mascara onto the contact lens may be difficult to remove and may irritate your eye.
7. Always remove your contact lenses before removing your makeup, and be particularly careful to ensure thorough removal of all eye makeup.
8. Always use the high quality solutions recommended by your Optometrist to care for your contact lenses.
9. Always protect your eyes with sunglasses providing UVA and UVB protection even if your contact lenses include a UV blocker - other parts of the eye not covered by the contact lens are still susceptible to UV damage.
10. Do not overwear your contact lenses - always adhere to the wearing schedule recommended by your Optometrist.
11. Always replace your contact lenses and their storage case regularly, according to the replacement schedule recommended by your Optometrist.
12. If you develop any eye irritation, redness, watering or excessive glare sensitivity, remove your contact lenses and if the problem persists, see your Optometrist.
13. Remember all contact lens wearers should have an annual checkup with their Optometrist.