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Make-up and the Ocular Surface: What You Need to Know

Course Outline

- I. Beauty Products
 - A. What does it and what does it mean?
 - 1. Regulations
 - 2. Terminology
 - B. Why does it matter in the United States?
 - 1. 11 Ingredients banned from use in the US beauty industry
 - 2. 1300 chemicals banned from products in the European Union
 - 3. Eyelid skin is 10X thinner than facial skin
 - 4. Takes only seconds for chemicals to reach systemic bloodstream
 - C. What are the effects of makeup important for the eyes
 - 1. Eyelid skin is thinner than facial skin
 - 2. Clogging of meibomian glands
 - 3. Damage to meibomian gland structure
 - 4. Damage to ocular surface
- II. Toxic Ingredients
 - A. List of common toxins present in eye makeup
 - 1. Most common toxins list
 - 2. Toxins known to cause damage to meibomian glands
 - B. Where can Accurate information be found?
 - 1. EWG Skin Deep Database
 - 2. SkinSAFE – world's most comprehensive skin product ingredient database
- III. Makeup Rules for best Ocular Health
 - A. Guidelines for application
 - 1. Mascara – no waterproof
 - 2. Eyeliner – no tightlining or water lining
 - 3. Eye Shadow
 - B. Best Practices for Makeup Care
 - 1. Expiration dates

2. Cleaning your tools
- C. Pros and Cons of 5 categories of Eye Makeup Removers
 1. Micellular Water
 2. Oil-based makeup remover
 3. Oil-free Makeup remover
 4. Disposable Cleansing wipes
 5. Re-usable cleansing clothes

IV. What about Eyelashes

- A. Eyelash growth serums
 1. Pros and cons of ingredients
 2. All-natural ingredients
- B. Lash Lengthening Mascara
 1. Added fibers
 2. Added growth serum
- C. Eye Lash Extensions
 1. Glue Ingredients
 2. Best Practices for Cleaning lids while wearing extensions
- D. False Eye Lashes
 1. Adhesives
 2. Magnetic Liner
 3. Double magnet
 4. Best practices for care of lashes and lids
- E. Other Procedures
 1. Eyelash tinting or dye
 2. Eyelash curling or perm
- F. Eyelid tattooing
 1. Ingredients
 2. Damage to meibomian glands

V. Cosmetic Labeling

- A. Review of Symbol meaning
 1. Symbols related to ingredients
 2. Symbols related to testing
 3. Symbols related to expiration dates
- B. Catch Phrases
 1. Ophthalmologist or Dermatologist approved
 2. Phthalate or Paraben Free
 3. Cruelty Free
 4. Vegan

VI. Case Studies

- A. 42-year-old African American female with eyelash extensions at family wedding
 1. Allergic reaction
 2. Removal of glue and false lashes
 3. Treatment for conjunctiva and eyelid margins
 4. Restoration and regrowth of eyelashes
- B. 54-year-old Caucasian female with K. sicca and history of contact lens wear

1. Eye shadow floating in tear film
 2. Mascara and eyeliner build up at Line of Marx
 3. Improper eye makeup removal x decades
 4. Treatment for ocular surface disease and meibomian gland dysfunction
- C. 65-year-old Asian Female with eyeliner tattooing X 20 years ago
1. Literature review regarding eyeliner tattoos
 2. Treatment for K. Sicca and Meibomian gland disease

