



In-Office Treatments Available

BlephEx

Painless, in-office procedure performed by your eye care professional. The BlephEx hand piece is used to very precisely spin a soft medical grade micro-sponge along the edge of your eyelids and lashes.

ZEST (Zocular Eyelid System Treatment)

Okra-infused solution with the use of a sterilized ZEST-specific cotton-tipped applicator gently scrubs and exfoliates the eyelid margin to remove debris.

iLux

A handheld device that is used to treat meibomian gland dysfunction (clogged oil glands). Designed to unblock and express the meibomian glands by gently warming them with heat and applying light pressure.

CONTACT



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Sources:

Skin Care, Cosmetics, Nutrition, and your Ocular Health.
Nicole Thiess, O.D.

Ophthalmology Management, 2019. The everyday cost of eyelash makeup. Seattle, WA. USA. Laura M. Perminan, MD.



COSMETICS

AND YOUR
OCULAR HEALTH

WHY SHOULD YOU CARE ABOUT WHAT INGREDIENTS ARE IN YOUR COSMETICS?

Ocular Surface Disease (Dry Eye Disease) is a condition that causes damage to the surface layers of the eye. Some cosmetics have been linked as potential causes of Dry Eye Disease.

The average consumer often sees products marketed as “all-natural”, “hypoallergenic”, “organic”, or even “ophthalmologist tested”, and trust that the product will be safe to use. Unfortunately, the reality is that these labels can mean very little.

While routinely removing eye makeup in the evening is linked to fewer dry-eye problems, the agents in these products could also be contributing to symptoms.

Many products contain harmful chemicals such as parabens and formaldehyde based preservatives which can damage the ocular surface and the glands along the eyelids. Prolonged use of these products contributes to dry eye disease, blepharitis, and early aging of the eye.

HOW DO I KNOW WHAT'S PRESENT IN THE PRODUCTS I USE?

Luckily, there's an App for that! Apps like INCI Beauty and Think Dirty allow you to research ingredients in cosmetics. The Environmental Work Group Skin Deep website (www.EWG.org) is also helpful.

OFFENDING AGENTS

- Argireline (acetyl hexapeptide-3, acetyl hexapeptide-8 “Botox in a jar”)
- Benzalkonium chloride
- BHA and BHT
- Bromo-2-Nitropropane-1 3-Diol
- Butylene glycol
- Coal tar
- Ethanolamines (MEA/DEA/TEA)
- Formaldehydes (DMDM hydantoin, ureas (imidazolidinyl urea, diazolidinyl urea), quaternium-15, sodium hydroxymethylglycinate, bronopol, glyoxal)
- Hydroquinone
- Isopropyl cloprostenate
- Methylisothiazolinone and methylchloroisothiazolinone
- Oxybenzone
- Parabens (methyl-, isobutyl-, propyl- and others)
- Phthalates
- Polyethylene glycol (PEG compounds)
- Quaternium-15
- Retinol (Retin-A and most anti-aging creams)
- Sodium lauryl sulfate and Sodium laureth sulfate (SLS and SLES)
- Synthetic flavour and fragrance
- Toluene
- Triclosan and Triclocarbon

SKIN CARE TIPS

MAKEUP

- No waterproof makeup.
- Don't apply eyeliner to the lid margin or "waterline".
- Avoid false lashes as the glue can be toxic.
- Don't share makeup.
- Proper removal is important for healthy skin and eyelids.
 - Blephaclean
 - I-Lid N' Lash
 - Argan Oil
- Never expose eyelids to soaps or detergents, which strip them of their natural oils.

ANTI-AGING

- No Retin-A or "anti-aging" compounds around the eyes.
- UV protection is important. Use a paraben-free mineral based sunscreen daily. Wear sunglasses and hats.
- IPL (intense pulsed light) will even skin tone, control inflammation, and lightly stimulate collagen remodelling.
- Radio-frequency rejuvenation procedures lift and renew tissues in a drug/cosmetic-free manner.