

# Healthy Eyelid Hygiene Routine

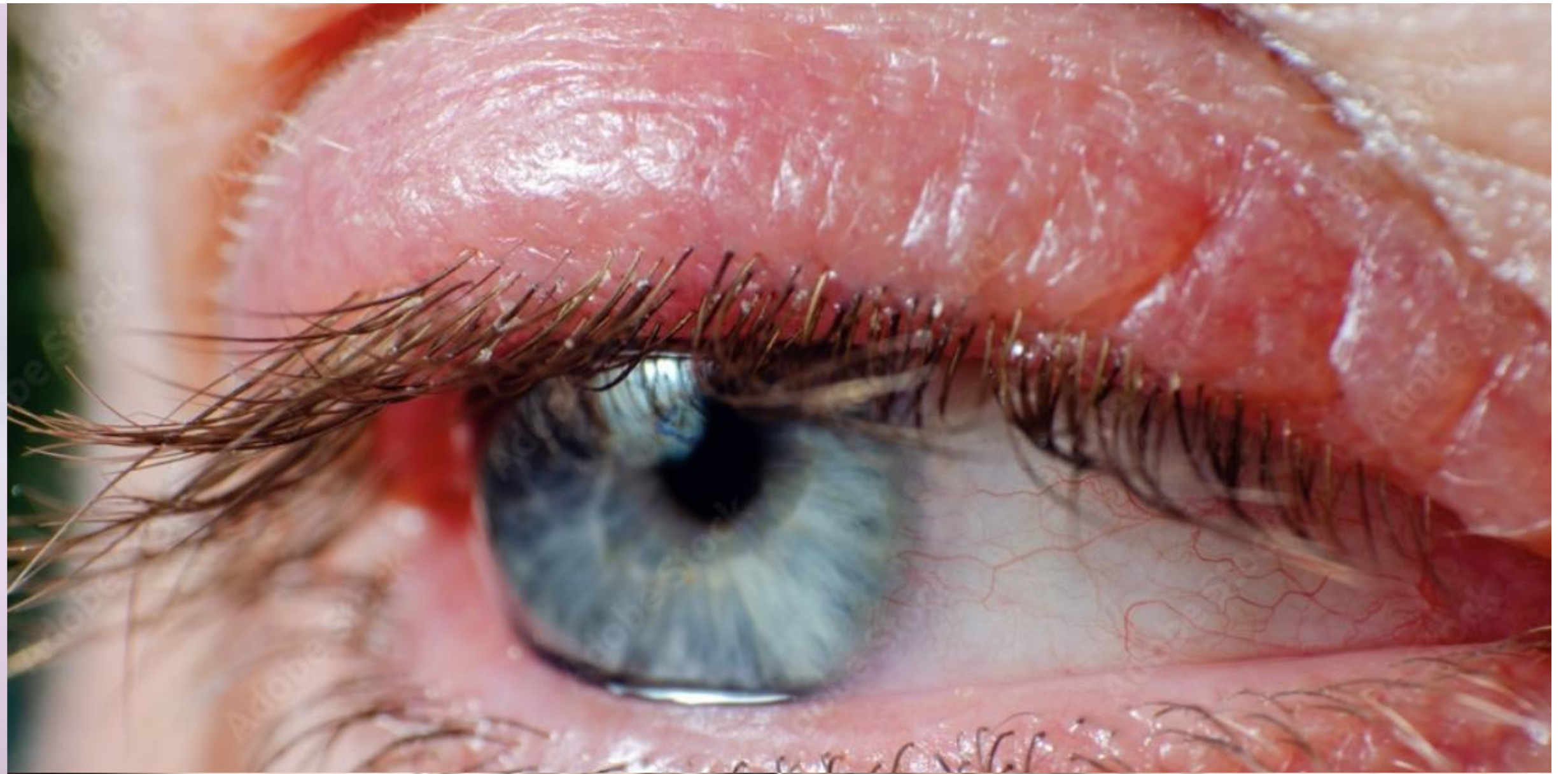
---

Folk remedies or specialized cosmetics?

**ANGELA KONOPATE**

**OCUSOFT U.K.**

**OC VISION**



---

# Why?

The Eyelid Margin is the only place on the human body that never routinely gets cleaned.

Biofilm accumulates in the lash follicle which then leads to inflammation, dry eye, meibomian gland dysfunction and/or Blepharitis.

There are several different strains of bacteria that lives on our eyelids, lashes and peri Ocular area.

It's imperative to clean daily to reduce risk



# Daily eyelid routine

## As regular as brushing teeth!

- More than 100 years ago no one brushed their teeth.
- The same thing is happening now with our Meibomian Glands.
- It's important to be proactive and use a product that can manage bacteria that builds on our lash line and eyelids.
- Daily lid hygiene wipes away bacteria and deposits, reduces risk of Blepharitis, protects glands and helps to secrete our teada
- Daily routine at home will support to manage strains of bacteria that causes inflammation cycle and leads to Blepharitis/MGD/Dry Eye.



---

# Contact Lens Wearers Daily Lid Hygiene

- Its essential to make sure your lids and lashes are free from before before inserting contact lenses.
  - Daily eyelid hygiene is essential to keep your eyes comfortable and healthy.
  - Improves natural eye hydration
  - Supports to prevent dry eye/Blepharitis/ MGD
  - Supports to improve comfort
  - Can improve wearing time.
-



# Impact of Cosmetics False Eyelashes

- Many pigments used in eye make up are non dissolving and can become lodged and cause scratches on Ocular Surface.
- False eyelashes increase dry eye risk as they compromise the function of natural lashes.
- Eyelashes covered in mascara can hide Demodex infestation
- Eyeliner can mask meibomian gland dysfunction.
- Approx 66% of people wear eye makeup.
- Can cause irritation and interferes with Ocular Health



---

Thank you!

---