

Beauty Insight

Latest science
on cosmetics
and eye health

10 Ingredients
on our
avoid list

Beauty
jargon
busted

10 Signs your
make-up could
be harming
your eyes

Get ready with me:
Ophthalmologist's guide to eye makeup

This leaflet was created and published by Santen UK&I and has been medically reviewed by Nikolina Budimlija, Consultant Ophthalmic Surgeon, the Institute of Eye Surgery, Ireland.

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**"Must read for
all makeup lovers,
especially those
prone to dry eye,
eczema or allergies"**

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Is makeup messing with your eyes?



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i love the glamour and creativity of makeup, but in my clinic, I see first-hand the problems that beauty products and procedures cause for our eyes – from allergies to permanent damage.^{1,2} This guide is designed to help you understand the latest research on cosmetics and eye health, so you can make informed choices to look great while caring for your eyes.

After all, no amount of makeup can compare with the gorgeous natural twinkle of healthy eyes.¹

BEAUTY FAVOURITES

What does the

Eye makeup

As you wear it, makeup can move onto the surface of the eye and block your tear-making glands and some formulas also have problem



ingredients e.g. metallic and nickel-based pigments.¹ Beware of using old products: Over time, germs and bugs move in and that can put your eyes at risk of infection.^{1,3}

Fact

Research found that two-thirds (67%) of tested eye shadow samples were contaminated with bacteria – yuck!¹

Mascara

Mascara ingredients can move onto the eye's surface as you blink.¹ If you share or use old mascara, it increases your risk of eyelid infection, leading to inflammation.^{1,4} Old mascara can become infested with bacteria and mites.¹

Foundation

Foundation has many of the same issues as any eye makeup, especially if you apply it close to your eyes and on your eyelids and it gets in contact with the surface of your eye.

Primers

Silicone or silicone-based primer ingredients like dimethicone and siloxanes D4 and D5 give that smooth 'slippy' feeling but can irritate.¹



Common eye problems

BLEPHARITIS

Eyelid irritation where the lash line gets inflamed due to an overload of bacteria/mites which can block the eye glands that make oil – an important ingredient of our tears.⁵

CONTACT DERMATITIS

Skin rash caused by touching something that irritates the skin.⁶

DRY EYES

When your eyes aren't moist enough because they don't make enough tears or the tears you make don't contain the right water/oil balance.²

INFECTION

When germs like harmful bacteria get into the eye and cause pain, redness, discharge and swelling.⁴

CORNEAL ABRASION

A painful scratch on the clear front part of the eye.⁹

STYE

A painful lump on the eyelid due to an infected and inflamed gland.⁷

CONJUNCTIVITIS

Also known as pink eye, it's when the eye's white part turns red and becomes irritated, caused by viruses or bacteria.¹⁰

ECZEMA

A condition that makes the skin red, itchy, and inflamed.⁸

science say?



Brushes, sponges, curlers

Brushes and especially sponges provide the ideal home for bugs to grow.¹

Eyelashes: Extensions, falsies

Can have harmful ingredients in the glue and the fumes from glue can also trigger a reaction.¹ Fake lashes can get in places where they shouldn't, strain your natural lashes and cause damage.¹ Common problems are corneal abrasion (a scratch to the surface of your eye), loss of natural eyelashes and allergic dermatitis (an itchy skin rash).¹

Makeup remover

The three main types – oil, oil-free, micellar – can move under the eyelid and cause problems.¹

Fact

In one study, fungus was found in 52% of sponges and 30% brushes!¹

SPOTLIGHT

Cosmetic grade glitter is sprayed with aluminium to get the sparkle – the edges can be sharp enough to scratch – ouch!¹¹



GET READY WITH ME

An ophthalmologist's guide

Here's some of my tips to minimise risk and keep your eyes healthy

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1 Age and ingredients of your products

I always replace products within three months; As soon as products are open, they're starting to attract those tiny bugs, so they go out of date after this.¹ It is very important for me to use proper

optocosmetics (these are products which avoid many of the harmful ingredients commonly found in regular cosmetics), thankfully now available in some specialised eye practices.¹¹

Fact

The more you use it, the more people you share it with and the older it is = more contamination¹

2 Sit down

It's helpful to have a dedicated quiet place to sit for application. You won't believe the number of eye injuries I've treated from people applying mascara or eyeliner in the car or from someone bumping them.

3 Clean fingers



I start by washing my hands. I apply as much as I can with clean fingertips as brushes and sponges are ideal for bacteria to thrive.¹



Fact

It's recommended to clean sponges after each use and makeup brushes weekly with baby shampoo or a mild facial cleanser.¹

4 Pencils over liquids?

Frequently sharpen your pencil products to make them fresh and uncontaminated (just remember to also clean your sharpener!). Liquid eyeliner needs to be also replaced within 3 months.^{1,12}

5 Never tightline

Also known as waterlining, I never apply eyeliner (or anything else!) to the inner rim of eyelids as it increases risk of contamination and discomfort.^{1,3}

10 Ingredients to avoid



Many of the chemicals used in cosmetics are added as preservatives to stop or slow down the growth of bacteria, fungus, yeast and mould. However, there are concerns about some of them. They can cause irritation, allergic reactions or have the risk of longer-term damage to your eye health.

Eye makeup ingredients that may have very significant adverse effects on the eye's surface and/or other parts of the eye such as glands and eyelids:¹

1 Benzalkonium chloride
Found in: eyeliner, makeup remover, mascara. Benzalkonium chloride is found in some eye drops that are used for medical reasons. You can continue to use these eye drops under the supervision of a healthcare professional.

2 Chlorphenesin
Found in: around-eye cream, eyeliner, eyeshadow, eyelash glue, makeup primer, makeup remover, mascara, moisturiser, serum

3 Formaldehyde-releasing compounds
Found in: serum, eyelash glue

4 Parabens
(for example, ethylparaben & methylparaben)
Found in: moisturiser, mascara, eyeshadow, eyeliner, around-eye cream, serum, glitter

5 Phenoxyethanol
Found in: eyeshadow, moisturiser, mascara, serum, eyeliner, makeup primer, around-eye cream, makeup remover, glitter, eyelash glue

6 Phthalates
Found in: fragrances, makeup remover

7 Prostaglandin analogues
(for example, isopropyl cloprostenate)
Found in: eyelash growth serum. Some eye drops used to treat glaucoma contain prostaglandin analogues. These drops are fine to use for medical reasons when used as prescribed by a medical professional.

Tip

Apps available on smartphones allow you to scan barcodes of products and immediately see problematic ingredients^{14,15}

8 Retinoids
(Vitamin A metabolites)
Found in: serum, around-eye cream, moisturiser, makeup primer, makeup remover, mascara, eyeliner

9 Salicylic acid
Found in: around-eye-cream, makeup primer, makeup remover, moisturiser, serum

10 Tea tree oil
(for example, terpinen-4-ol)
Found in: eyelash cleanser, eye makeup remover, moisturiser, toner



NATURAL / CLEAN / MEDICAL-GRADE / HYPOALLERGENIC / NATURAL SKINCARE

These are all marketing terms without legal definitions in the cosmetic industry.¹ Even if a product says one of these buzzwords, it might not be safe and could contain harmful ingredients.¹ So, always check for yourself.

10

Signs your makeup could be harming your eyes



Red⁴



Itchy⁴



Crusts⁴



Sensitivity to light⁴



Burning⁴



Scratchy/
gritty-
feeling⁴



Pus/
discharge⁴



Pain⁴



Swelling⁴



Foamy
tears⁵



If you suspect your makeup is causing any of these symptoms, stop using it immediately. It's important to get persistent symptoms checked by a healthcare professional.

Fact

Dry eyes can also cause overly watery eyes as the body overcompensates¹⁶

WHERE HAS THIS INFORMATION COME FROM?

This leaflet is based on information from the recently published report **TFOS Lifestyle: Impact of cosmetics on the ocular surface**, created by the Tear Film & Ocular Surface Society (TFOS) – a non-profit organisation dedicated to international ophthalmological research.¹



This leaflet was created and published by Santen UK&I and has been medically reviewed by Nikolina Budimljia, Consultant Ophthalmic Surgeon, the Institute of Eye Surgery, Ireland. As specialists in ophthalmology, Santen is continually advancing dry eye disease care, with more than 130 years of experience developing innovative products that improve the lives of people living with eye conditions all over the world.¹⁷

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