- SELF-CARE TIP SHEET FOR EYELASH LOSS WHILE ENDURING CHEMOTHERAPY -

Compliments of Hope & Beauty

TO HELP MINIMIZE THE LOSS OF YOUR LASHES:

- Refrain from rubbing your eyes (or patting your lashes to see if they are still there).
- Use a cotton ball and a natural eye makeup remover to gently wipe any makeup from your eyes.
- Avoid heavy mascaras, especially waterproof ones or those that require warm water to remove. These can be too harsh on delicate lashes.

■ FALSE EYELASHES AND PHARMACEUTICAL OPTIONS FOR GROWTH PROMOTION:

False eyelashes are an option that many consider but check with your doctor before using them. There is always a risk of infection when using these products, and some have been known to experience an allergic reaction to the glue.

False eyelashes are available at most drugstores and cosmetic counters. We recommend... Before putting them on, you should always spot test the glue on the inside of your arm to confirm whether or not you have an allergy. If you have not used false eyelashes before, they can be a little tricky. There is a fabulous tool by **Lash Binder** which you can find on our website.

There is also a newer, topical treatment that may help. **Latisse** (bimatoprost ophthalmic solution) is an **FDA-approved product** used to stimulate eyelash growth and darkening. It is applied topically to the base of the lashes each night. Results can vary and are typically seen after eight weeks of use. Available in the Mountain View Office in person only.

As with the false eyelashes, you should check with your doctor or oncologist before use and always do a spot check on your arm. Insurance may cover the cost of Latisse but will most often require a pre-authorization letter or phone call from your doctor.

These products are FSA eligible for those who are under treatment.

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