



**Latisse**<sup>®</sup>  
(bimatoprost ophthalmic solution) 0.03%

### **Handy Latisse Guide:**

*In order to make your treatment as effective as possible, there are some simple tips you can follow once you know how to apply LATISSE<sup>®</sup>.*

*For the best results, be sure to follow these guidelines:*

*-Routine is best: Try to make LATISSE<sup>®</sup> a part of your nightly routine. For instance, at night after you've brushed your teeth and washed your face.*

*-Keep it nearby: It's a good idea to keep the LATISSE<sup>®</sup> bottle with your other skin care products or toothbrush, so you can remember to apply it each night.*

*-Be patient! Remember, this serum doesn't work over night. Only use LATISSE<sup>®</sup> (bimatoprost ophthalmic solution) 0.03% once in a 24 hour period – don't over use! Excessive use may cause eye redness or itchiness.*

*-Keep it clean! If your makeup remover, eye creams or similar moisturizer leaves oily residue on your lids, be sure to wash off any excess product with soap and water to create a clean surface before LATISSE<sup>®</sup> is applied.*

*-Follow the rules: Only use the disposable, sterile, FDA-approved applicator provided in the kit to use LATISSE<sup>®</sup>. Don't use a cotton swab, or cloth to apply LATISSE<sup>®</sup>. Remember: the applicator provided is specifically designed to hold and release one drop of the solution.*

*-Don't play "catch up": If you miss an evening and go off schedule, do not apply more in the morning to catch up. Simply wait until the next evening to apply LATISSE<sup>®</sup> to ensure you stay on schedule.*

*-Be wary of germs: Don't allow the applicator tip, or the tip of the bottle to come in contact with any unintended surface (your fingers, for instance). This will prevent contamination by common bacteria known to cause infection.*

*-Chart your progress: It's a good idea to mark your calendar and take photos when using LATISSE<sup>®</sup> during weeks 1, 4, 8, 12 and 16 in order to create your own "Before and After Gallery." This will give you a good idea of your success.*

*-Stay the course: As mentioned earlier, LATISSE<sup>®</sup> does not work over night, so you will need to be patient. If by week 8 you are satisfied with the results, stay with the treatment. You should notice the full effect of LATISSE<sup>®</sup> by week 16. After that, we recommend speaking with us about ongoing use.*