

HEALTHY EYES

Important information for the
contact lens wearer



Keep your eyes healthy and comfortable



Protect your eyes from UV rays by wearing quality sunglasses with 100% UV protection.



Have a back-up pair of eyeglasses in your current prescription.



Do not sleep in your contact lenses unless you have your eye doctor's approval. Sleeping in contacts carries a greater risk of eye complications.



Remove your contact lenses before you go in water, including showering, a hot tub, or swimming.



Wash your hands with soap and water and dry them before handling your contact lenses.



Keep all follow-up visits with your eye care professional, and always schedule regular eye exams.



Wear and replace contact lenses according to the schedule prescribed by your eye care professional.

6 ways to keep your lenses clean

1. Your contact lens care system is most effective at killing germs and bacteria when used as directed. Check with your eye care professional before changing your care systems.
2. Use only approved lens solutions on your hands and the lenses.
3. Use fresh cleaning or disinfecting solution each time you clean and store your lenses. Never reuse or "top off" the old solution.
4. Close the caps of your solution bottles.
5. Never touch the solutions bottle tips to any surface, as the solution can become contaminated.
6. Don't use saline solution or rewetting drops to disinfect your lenses, as these solutions are not designed to disinfect lenses.



Take out your lenses and call your eye doctor right away if:

- your vision changes suddenly
- your eyes hurt or feel itchy
- your eyes are red
- your eyes are extremely watery
- your eyes are overly sensitive to light
- you have unusual eye secretions

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Order contact lenses and apply your benefit. Order online 24/7 and shipping is free.



Keep your lens case CLEAN

A contact lens case can be a source for transmitting contact lens-related infections. That's why it's important to keep it clean. To minimize your risk:

- Store lenses in a proper contact lens case.
- Never top off solutions in the case.
- After inserting your lenses, empty out the remaining solution from the case.
- Rinse your lens case with fresh contact lens solution and leave it to air dry during the day after each use.
- Replace your lens case every month.

Kaiser Permanente members typically have coverage for medically necessary eye examinations, and some members, including those members with the pediatric vision benefit under their Affordable Care Act plan, may be able to apply a supplemental benefit to their purchases. Otherwise, the services and products described here are provided on a fee-for-service basis, separate from and not covered under your health plan benefits, and you are financially responsible to pay for them. For specific information about your covered health plan benefits, please see your Evidence of Coverage. Photo of models shown, not actual patients. 8/2019 |