

# Disinfection of Scleral Contact Lenses

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This material will help you understand how to disinfect scleral contact lenses.

## **Why is it important to disinfect my contact lenses?**

When you wear contacts, materials such as mucous, protein, and other debris can build up on the surface during the day. Disinfecting your lenses removes these materials as well as harmful germs. This helps prevent you from developing an eye infection or another serious complication.

## **How often do I need to disinfect my contact lenses?**

You should clean your contact lenses every time you take them out of your eyes. It is best to get into the routine of cleaning them immediately after removal.

## **How do I disinfect my contact lenses?**

When you are disinfecting your scleral lenses, it is important to follow these steps:

1. Wash your hands with soap and water. Dry your hands with a lint-free towel.
2. After removing the lens from your eye, place it on your palm so it sits like a bowl.
3. Scleral lenses can be cleaned with a hydrogen peroxide based solution such as Clear Care® or with disinfection solutions for gas permeable lenses.
4. If you are using Clear Care®, place a lens in the palm of your hand. Apply 2 to 4 drops of Clear Care®. Return the lenses to the appropriate holder and close the baskets. Thoroughly rinse the lenses for 5 seconds through

the basket. Fill the lens case with Clear Care® solution and place the lens holder in the case. Tighten the cap and store lenses for at least 6 hours.

5. If you are using a daily cleaner or multi-purpose solution for gas permeable lenses, place two drops of a cleaning solution recommend by your eye doctor on the lens. Gently rub the lens for about 10-15 seconds. Rinse the lens with a saline solution to remove the cleaning solution. Place each lens in the case. Fill the well with fresh soaking/conditioning solution and close the case. Allow the lens to soak for the amount of time recommended by your eye doctor.

**For more information, scan these codes with your smartphone or visit the websites listed.**



<http://www.sclerallens.org/how-use-scleral-lenses>

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