

# Disinfection of Soft Contact Lenses

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This material will help you understand how to disinfect your soft 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 soft 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. Soft lenses can be cleaned with a hydrogen peroxide based solution such as Clear Care® or with a multi-purpose solution for soft lenses.
4. If you are using Clear Care®, place your lenses into the lens holders. Thoroughly rinse the lenses for 5 seconds through the basket. Fill the case with fresh Clear Care® solution and tighten the cap. Allow the lenses to soak for at least 6 hours.

5. If you are using a multi-purpose solution for soft lenses, place two drops of the solution recommend by your eye doctor on the lens. Gently rub the lens back and forth with the pad of your finger. Rinse the lens with the multi-purpose solution. Fill the case with fresh multi-purpose solution and allow the lenses to soak for at least 6 hours.

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Last Revised 4/2015