

Disinfection of Gas Permeable Contact Lenses

This material will help you understand how to disinfect gas permeable (gp or hard) 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 gp 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. Gas permeable or hard lenses can be cleaned with a hydrogen peroxide based solution such as Clear Care® or with disinfection solutions for gas permeable lenses.
4. If using Clear Care®, place a lens in the palm of your hand, apply 2 to 4 drops of Clear Care® solution and rub. 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 six (6) hours.

5. If 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.
6. Rinse the lens with saline or multi-purpose solution.
7. Place each lens in the case. Fill the well with fresh multi-purpose or 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://artoptical.com/files/documents/resources/Boston_Patient_Care___Handling_Guide.pdf



<http://www.contactlenses.org/downloads/gp-lenscare.pdf>

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