

Protocol for Disinfecting Rigid Gas Permeable Contact Lenses

Instruction. Place rinsed lens in original lens case. Fill lens well with hydrogen peroxide solution, 3%. Allow for 3-24 hours soaking. Rinse lens and lens case thoroughly with saline or multipurpose contact lens solution (no water). Store lens dry or in conditioning solution (Unique pH, Boston Advanced, Boston Conditioning Solution, etc) for up to 1 month. Cases should be replaced monthly.

Microbial Activity. Hydrogen peroxide has bactericidal, virucidal, mycobactericidal, fungicidal, and sporicidal agents.¹⁻⁴ An incubation of 2-3 hours of exposure time to 3% hydrogen peroxide is sufficient.²⁻⁴

Note. The above disinfecting method is also effective at removing biofilm (*Pseudomonas aeruginosa*) from lens storage cases.⁵ One-step hydrogen peroxide systems (ClearCare, PeroxiClear) are less effective than the above protocol against *Acanthamoeba* cysts due to rapid peroxide neutralization.^{2,4}

References

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