Claims:

1. A method for making a soft contact lens capable of releasing phosphatidylcholine nanoparticles comprising the steps of:

a) providing a phosphatidylcholine,

b) mixing the phosphatidylcholine with an aqueous solution having a pH of 1 to 3 to form a mixture, wherein the aqueous solution is free of an organic solvent,

c) high-energy treating the mixture of step b) to form a phosphatidylcholine nanoparticle in the mixture with a first concentration,

d) diluting the mixture of step c) with a buffered saline solution to form a packaging solution, wherein the packaging solution has phosphatidylcholiner nanoparticle with a second concentration, wherein the first concentration is higher than the second concentration,

e) packaging a hydrogel contact lens in a container containing the packaging solution,

f) autoclaving the hydrogel contact lens in the packaging solution to load the phosphatidylcholine nanoparticle into the hydrogel contact lens, wherein the packaging solution has a pH of from about 6.0 to 8.0, an osmolality of from about 200 to about 450 mOsm/kg.

2. The method of claim 1, wherein the aqueous solution is a de-ionized water or a buffered saline.

3. The method of claim 2, wherein the first concentration of a phosphatidylcholiner nanoparticle in step d) is 1000-50000 ppm.

4. The method of claim 1, wherein the second concentration of the phosphatidylcholiner nanoparticle in step e) is 50 ppm-2000 mg/ml.

5. The method of claim 1, wherein the phosphatidylcholine comprises at least one member selected from the group consisting of 1,2-Didecanoyl-sn-glycero-3-phosphocholine (DDPC), 1,2-Dilauroyl-sn-glycero-3-phosphorylcholine (DLPC),

Dimyristoylphosphatidylcholine (DMPC) , Dipalmitoylphosphatidylcholine (DPPC), 1,2-Distearoyl-sn-glycero-3-phosphocholine (DSPC), 1,2-Dioleoyl-sn-Glycero-3-Phosphocholine (DOPC), 1-palmitoyl-2-oleoyl-sn-glycero-3-phosphocholine (POPC), 1,2-Dierucoyl-sn-Glycero-3-Phosphatidylcholine (DEPC).

6. The method of claim 5, wherein the phosphatidylcholine is Dimyristoylphosphatidylcholine (DMPC) or Dipalmitoylphosphatidylcholine (DPPC).

7. The method of claim 1, wherein the aqueous solution in step of b) having a pH of 1 to 2.

8. The method of claim 1, wherein the buffered saline is at least one member selected from the group consisting of Phosphate-buffered saline or Tris- buffered saline.

9. The method of claim 1, wherein high-energy treating is select from the group consisting of a high speed stirring with at least 800 rpm, a high pressure homogenizer or sonicating.

10. The method of claim 1, wherein the hydrogel contact lens is a silicone hydrogel contact lens.

11. The method of claim 10, wherein the hydrogel contact lens has a load of phosphatidylcholine nanoparticle from 10 µg/lens to 100 µg/lens.

12. The method of claim 10, wherein the hydrogel contact lens has a load of phosphatidylcholine nanoparticle from 20 µg/lens to 80 µg/lens.