



PARTICIPATE IN A RECYCLING PROGRAM^{1,2}

 Specialist recycling companies, such as TerraCycle, offer schemes to recycle contact lens waste at no cost to lens wearers.

DROP OFF YOUR WASTE^{1, 2}

 Collect your waste and drop it off in a specialist recycling bin found in participating stores of retailers like Specsavers or Boots.





DAILY DISPOSABLE LENSES ^{1,2}

- **Best option:** Drop off collected lenses at a specialist recycling bin.
- If not accessible: throw them in the waste bin.
- **IMPORTANT:** Never flush your lenses down the toilet or sink!

BLISTER TRAYS^{1, 2}

- Ensure they are dry before dropping off.
- **Best option:** Drop off collected blister trays at a specialist recycling bin.
- If not accessible: throw them in the waste bin.

EXTERNAL PACKAGING^{1, 2}

 Cardboard packaging can be recycled by municipal household waste management.



FOIL LIDS^{1, 2}

- **Best option:** Drop off collected foil lids at a specialist recycling bin.
- If not accessible: throw them in the waste bin.



CHECK LOCAL GUIDELINES FIRST

If your municipality can't process or sort a specific item, please check if a specialist recycling company can handle it.





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1. Ng A, et al. Addressing Patients Concerns Around Recycling and Sustainable Contact Lens Wear. https://www.opticianonline.net/content/features/cls-addressing-core-questions-about-sustainability 2. Smith SL et al. An investigation into disposal and recycling options for daily disposable and monthly replacement soft contact lens modalities. Cont Lens Anterior Eye 2022;45(2):101435.