



HOW TO DISPOSE OF REUSABLE CONTACT LENS WASTE



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.

OR...

DROP OFF YOUR WASTE^{1, 2}

- Locate a nearby participating vision practice to drop off your recyclables by visiting www.bauschrecycles.com



LENSES, BLISTER TRAYS & FOILS^{1, 2}

- **Best option:** Use a recycling specialist.
- **If not accessible:** Throw in the waste bin.
- **IMPORTANT:** Never flush your lenses down the toilet or sink!
- Separate the foil lid from the plastic blister. Ensure they are dry before dropping off.

LENS CASE^{1, 2}

- Check if your eye clinic's specialist recycling box can accept them.
- Purchase a Zero Waste Box which can accept and recycle flexible and rigid plastic products.
- **If not accessible:** Throw in the waste bin.

SOLUTION BOTTLES¹

- Empty bottles can be recycled through municipal household waste management.

MPS LID, STOPPER & TAMPER EVIDENT RINGS^{1, 2}

- These small items cannot currently be recycled and must be thrown in a waste bin.

EXTERNAL PACKAGING^{1, 2}

- Cardboard packaging can be recycled by municipal household waste management.

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.



CORE

Centre for Ocular
Research & Education



UNIVERSITY OF WATERLOO

FACULTY OF SCIENCE

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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.