

DISPOSE OF CONTACT LENS PROPERLY

FACT SHEET



Your contact lenses are a convenient and comfortable way to enjoy clear sight. But have you ever wondered about the best way to dispose of your lenses and their packaging? Disposed of improperly, those handy little lenses can have a big negative impact on the world around us.

To help keep your vision AND our planet healthy, here are some important tips.

- Never flush lenses down the sink or toilet.

- There are recycling programs available especially for contact lenses and their packaging. Check out www.TerraCycle.com to find out how you can recycle your contact lenses, blister packs, and boxes.

- Most contact lens packs are stamped with number 5 for recycling through your municipal service. Ensure that the foil on the top is removed, and that the plastic is clean.

- Boxes and cleaning solution bottles may be recyclable as well. Contact lens cases should be replaced regularly for hygienic reasons, but they can be repurposed in many creative ways.

- And of course, don't forget to thoroughly wash and dry your hands before handling your contact lenses to protect your eyes and your precious sight.

Did you know:*

- 45 million people in the U.S. wear contact lenses
- 15 to 20 percent of contact wearers flush lenses down the sink or toilet

- An estimated 6 - 10 metric tons of plastic lenses end up in wastewater in the U.S. each year
- In wastewater treatment, contact lenses likely breakdown to form microplastics
- Microplastics pose a risk to aquatic organisms, marine animals, and eventually the entire food supply

* Source: Biodesign Institute Center for Environmental Health Engineering at Arizona State University (ASU), presented to American Chemical Society, August 2018.

