

Recommended activity schedule following uncomplicated bilateral lasik surgery

Day of Surgery:

- The day of surgery should be a day of rest.
- Always be very careful about activities where the eye may be poked, rubbed or touched.
- Always avoid rubbing eyes. Rubbing is never a good idea - instead use lubricant drops for irritation.
- Avoid staring without lubricating the eyes.

24 Hours After Surgery:

- Taking a bath is acceptable, but avoid getting any soap or water into the eyes.
- You should limit yourself to light activities and should preferably avoid work. Work at home is acceptable.
- You may drive short distances after the follow-up eye examination if adequate vision is confirmed.
- Reading and watching TV are acceptable activities as long as adequate eye lubrication is maintained.
- Flying (in an airplane) is acceptable as long as generous lubrication is provided - at least every 30 minutes. Keep in mind that airplanes have very dry air.

48 Hours After Surgery:

- Driving may be resumed if examination confirms adequate vision.
- Taking a shower is acceptable, but avoid any soap or water in the eyes.
- You may resume wearing face makeup, but **NO EYE MAKE-UP** at this point.
- Office work may be resumed.
- Working with computers may be resumed, but remember: lubrication is very important.

Day 3:

- Sexual activity (avoid touching near eyes).
- Playing with children (be very careful).
- Consumption of alcohol, caffeine and antihistamines.

Day 7:

- Eye make-up (avoid touching the eye).
- Outdoor jogging, rollerblading, bicycling in clear air.
- Golf
- Lifting weights.

1 Month (With Eye Protection):

- Racquet sports: squash, racquetball, badminton, tennis but you should **ALWAYS** wear eye protection for these.
- Swimming, scuba diving, snorkeling.
- Sailing or parachuting.
- Sun tanning is acceptable (eye protections required), but absolutely **NO TANNING BEDS**.
- Motorcycling, dirt biking, mountain biking.
- Baseball, basketball, football, soccer.
- Skiing: cross-country & downhill.

3 to 6 Months With Eye Protection:

- Water skiing.
- Wind surfing.
- Kayaking.
- Surfing.
- Use of hot tubs.
- Use of tanning beds.

* Some of these activities have a high risk of water entering the eyes at great force; all of these activities require eye protection!