

Recommended Wait Times for Activities after Refractive Surgery

LASIK: The greatest risk after LASIK is *flap dislocation*. Avoid activities that might cause trauma to the flap. Flap dislocations are very rare.

PRK: The greatest risk after PRK is *corneal surface irritation* and *haze*. During the first 3-4 months after surgery, avoid activities that might irritate the surface of your eyes, and avoid exposure to ultraviolet (UV) light by wearing sunglasses when outdoors during the day. Haze is very rare in patients who were diligent about wearing UV protection.

	LASIK/SMILE	PRK
Showering / washing face	No restriction <i>Note:</i> Avoid getting water in the eyes and pat the eyes dry	
Air travel as a passenger	3 days	Once bandage contact lens has been removed: ~5-7 days
Aerobic activity (walk, run, bike, exercise machines) or weight training <i>Note:</i> Avoid getting sweat, dust, or wind in eyes	Once pain and light sensitivity have resolved: ~1-2 days	Once pain and light sensitivity have resolved: ~3-5 days
Contact sports (martial arts, basketball, boxing, wrestling)	1 month <i>Note:</i> Always wear eye protection during contact sports.	
Exposure to water (hot tubs, pools, lakes, oceans, rivers)	1 month. <i>Note:</i> Infection risk from contaminated water and chemical irritation risk from excessive chlorine.	
Wearing eye make-up , including camouflage face paint	2 weeks. <i>Note:</i> Infection risk from contaminated make-up. Old eye makeup should be discarded. Start with new, fresh products	
Working in dust / dirt / wind (parachuting, outdoor rifle range, field exercises, gardening)	1 month	1 month
CS exposure (gas chamber) or OC spray (pepper spray) exposure	3 months	6 months
Driving an automobile or motorcycle	When you meet driving vision requirements and feel comfortable. <i>Note:</i> Always wear eye protection on motorcycles.	
Wearing UV protection (sunglasses)	Wear UV protection whenever practical	Full time first month. As much as possible 2 nd -4 th months and whenever practical afterwards
Deployment (OIF/OEF, ship) <i>Note:</i> As specified in NAVMED Policy 08-008	1 month	3 months

Ask your doctor if you have any questions about these or other activities.