

Recommended activity schedule following uncomplicated LASIK surgery

Day of surgery	<ul style="list-style-type: none"> ✓ 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 – use lubricant drops for irritation). ✓ Avoid staring without lubricating the eyes.
24 hours after surgery	<ul style="list-style-type: none"> ✓ Take a bath instead of a shower. Avoid any soap or water in the eyes. ✓ Restrict movement to light activities. ✓ Driving short distances after the eye examination is acceptable if legal driving vision is confirmed at the post-operative evaluation. ✓ Reading and watching TV is acceptable as long as eyes are lubricated frequently. ✓ Flying in airplanes is acceptable but keep eyes generously lubricated every 30 minutes.
48 hours after surgery	<ul style="list-style-type: none"> ✓ Driving can be resumed if adequate vision is confirmed at the post-operative evaluation. ✓ Shower (but continue to avoid any soap or water in the eyes). ✓ Apply face makeup. NO EYE MAKEUP. ✓ Do office work. ✓ Use computers (but keep eyes well lubricated)
Day3 Activities	<ul style="list-style-type: none"> ✓ Exercise without risk to the eyes (e.g. treadmill, Stairmaster, stationary bike). ✓ Playing with children (be careful). ✓ Moderate alcohol consumption may be resumed. ✓ Resume sexual activity – be careful NOT to touch the eyes
Day 7 Activities	<ul style="list-style-type: none"> ✓ Applying eye makeup (avoid touching the eyes). ✓ Jogging outdoors. ✓ Rollerblading. ✓ Relaxed bicycling (no mountain biking). ✓ Playing golf. ✓ Lifting weights
Begin these activities one month after surgery with eye protection	<ul style="list-style-type: none"> ✓ Racquet sport - tennis, squash, racquetball, badminton (wear eye protection). ✓ Swimming. ✓ Scuba diving, snorkeling. ✓ Sailing. ✓ Sun tanning. ✓ Motorcycling, dirt biking, mountain biking. ✓ Parachuting. ✓ Baseball, basketball, football, soccer, volleyball, hockey, skiing. All contact sports also.
Begin these activities three months after surgery with eye protection	<p>Proceed with caution as these activities have a high risk of water being forced into the eyes.</p> <ul style="list-style-type: none"> ✓ Water skiing, wind surfing, surfing ✓ Kayaking