

## CCXL: Recommended Wait Times for Activities

**LASIK:** The greatest risk after LASIK is *flap dislocation*. Avoid activities that might cause trauma to the flap.

**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.

	PRK
<b>Showering/washing face</b>	Avoid getting water/soap into eyes. Avoid excess pressure around eyes. Gently pat dry.
<b>Wearing UV Protection</b> (sunglasses)	Full time first month. As much as possible 2 <sup>nd</sup> -4 <sup>th</sup> months and whenever practical afterwards
<b>Driving</b> (automobile or motorcycle)	When you meet driving vision requirements and feel comfortable. <i>Note: Always wear eye protection on motorcycles.</i>
<b>Air Travel</b> (as a passenger)	Once bandage contact lens has been removed: ~5-7 days
<b>Weight Training or Aerobic Activity</b> (walking, running, biking, exercise machines) <i>Note: Avoid getting sweat, dust, or wind in eyes.</i>	Once pain and light sensitivity have resolved: ~3-5 days
<b>Physical Readiness Testing &amp; Contact Sports</b> (martial arts, basketball, boxing, wrestling, etc.)	1 month
<b>Exposure to Water</b> (hot tubs, pools, lakes, oceans, rivers)	1 month. <i>Note: Infection risk from contaminated water</i>
<b>Wearing Eye Make-up</b> (including camouflage face paint)	2 weeks. <i>Note: Infection risk from contaminated makeup. Old eye makeup should be discarded. Start with new, fresh products.</i>
<b>Working in Dust/dirt</b> (outdoor rifle range, field exercises, gardening)	1 month
<b>CS Exposure</b> (gas chamber) or <b>OC Spray Exposure</b> (pepper spray)	6 months
<b>Deployment</b> (OIF/OEF, ship) <i>Note: Specific times are listed in NAVMED Policy 08-008</i>	3 months

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