Naval Hospital Camp Pendleton Refractive Surgery Center

Prescribed Wait Times for Activities after LASIK and PRK

**LASIK:** The greatest risks after LASIK is *flap dislocation and striae (folds in the flap).* Avoid activities that might cause trauma to the flap. Avoid rubbing your eyes for 1 month after surgery to avoid striae.

**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.

<table>
<thead>
<tr>
<th>Activity</th>
<th>LASIK</th>
<th>PRK</th>
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</thead>
<tbody>
<tr>
<td>Showering / washing face</td>
<td>Carefully shower from the neck down only for 3 days. Do Not wash hair for 72 hours after surgery. Then resume hair washing.</td>
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<tr>
<td>Air travel as a passenger</td>
<td>5 days</td>
<td>Once bandage contact lens has been removed: ~8 days</td>
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<tr>
<td>PT (walk, run, bike, exercise machines) or weight training</td>
<td>Once pain and light sensitivity have resolved: ~1-2 days</td>
<td>Once pain and light sensitivity have resolved: ~3-5 days</td>
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<tr>
<td>Rifle Range</td>
<td>2 weeks</td>
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<tr>
<td>Contact sports (martial arts, basketball, boxing, wrestling)</td>
<td>1 month</td>
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<tr>
<td>Swimming/Water Activities (hot tubs, pools, lakes, oceans, rivers)</td>
<td>1 month. <em>Note:</em> Infection risk from contaminated water</td>
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<tr>
<td>Wearing eye make-up, including camouflage face paint</td>
<td>2 weeks. <em>Note:</em> Infection risk from contaminated make-up. Old eye makeup should be discarded. Start with new, fresh products</td>
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<tr>
<td>Working in dust/dirt/smoky environments (field exercises i.e. ITX)</td>
<td>1 month</td>
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<td>CS exposure (gas chamber) or OC spray (pepper spray) exposure</td>
<td>3 months</td>
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<tr>
<td>Driving an automobile or motorcycle</td>
<td>When you meet driving vision requirements and feel comfortable. <em>Note:</em> Always wear eye protection on motorcycles</td>
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<tr>
<td>Wearing UV protection (sunglasses)</td>
<td>Wear UV protection whenever practical</td>
<td>1 year</td>
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<tr>
<td>Deployment (OIF/OEF, ship)</td>
<td>1 month</td>
<td>3 months</td>
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Rev. Sept 2016