

# RECOMMENDED ACTIVITY SCHEDULE

## Following laser eye surgery

At Specialist Eye Centre, our dedicated team has established this activity schedule to ensure a successful recovery. It is important that you follow this recommended activity schedule to ensure the proper healing of your new eyes.

As indicated by your Surgical Counsellor, it is important that you follow your post-operative instructions for your drops.

Whether it is for LASIK or ASLA vision correction, follow the instructions for wearing your eye protection. For ASLA vision correction patients, Day 1 should not be counted as the first day after surgery. Instead, Day 1 should

be counted as the first day without the bandage contact lenses.

For the first month after LASIK or ASLA, it is recommended that you avoid trauma to your eyes in the same way that contact lens wearers would avoid trauma that could cause a contact lens to fall out.



### DAY OF SURGERY

The day of surgery should be a day of rest. Your eyes are very sensitive and it is very important to take extra care to avoid activities in which the eye may be poked, rubbed or touched. Keep your eyes well lubricated.

- Always avoid rubbing eyes - instead, use lubricating drops for irritation.
- Avoid showering. You may take a bath, instead. Avoid getting soap or water in the eyes. (Showering before surgery is fine).
- Avoid alcohol consumption.



# RECOMMENDED ACTIVITY SCHEDULE Continued...



## ACTIVITIES THAT CAN BEGIN THE DAY AFTER SURGERY.

- Shower (continue to avoid getting any soap or water in the eyes).
- Limit yourself to light activities. Going to the office or uni/college, as well as reading, writing, or working on the computer is acceptable.
- Driving short distances after the eye examination is acceptable if adequate vision is confirmed at the post-operative evaluation.
- Watching TV is acceptable, but keep your eyes well lubricated. ASLA patients should avoid watching TV for 48 hours.
- Flying in airplanes is acceptable but keep your eyes generously lubricated (every 30 minutes) as airplanes have very dry air.
- Facial makeup application (no eye makeup).
- Moderate lifting is acceptable. Avoid lifting heavy objects (over 10kg).



## ACTIVITIES THAT CAN BEGIN AT 1 MONTH.

### With Eye Protection:

- Dirt biking, mountain biking.
- Tanning beds.
- Parachuting.

### Without Eye Protection.

#### Proceed With Caution:

- Swimming, scuba diving, snorkelling, sailing.
- Basketball, netball, football, soccer.



## ACTIVITIES THAT CAN BEGIN AFTER 2-3 DAYS.

- Light exercise (e.g. treadmill, stationary bike).
- Playing with children (be careful).
- Lifting weights (more than 10kg).
- Outdoor activities: Jogging, relaxed cycling, playing golf, boating.



## ACTIVITIES THAT CAN BEGIN AT 3 MONTHS WITHOUT EYE PROTECTION.

### Proceed with caution:

- Water skiing.
- Wind surfing.
- Kayaking.
- Surfing.



## ACTIVITIES THAT CAN BEGIN AFTER 1 WEEK.

- Eye makeup application (avoid touching the eyes).
- Dying your hair.



## ACTIVITIES THAT CAN BEGIN AFTER 2 WEEKS WITH EYE PROTECTION.

- Racquet sports: tennis, squash, racquetball, badminton.
- Swimming, scuba diving, snorkelling, sailing.
- Basketball, netball, football, soccer, cricket.
- Water skiing, wind surfing, kayaking, surfing.

