

CXL POST-SURGERY ACTIVITY SCHEDULE

Congratulations on completing your procedure!

In order to avoid any contact with your eyes, please adhere to the instructions below until your eye care professional removes your bandage contact lenses, after which time you may resume all activities, unless otherwise stated below. Some light sensitivity or discomfort may persist early in the healing process, which is normal.

Additionally, your post-operative appointments (both in-person and virtual) are very important to assess the healing of your eyes. Please ensure you attend each appointment.

Eye rubbing and applying pressure on the eye after surgery are strongly discouraged at any time, even years after the healing process is completed. Get into the habit of not rubbing your eyes nor applying pressure on them. This applies whether you've had CXL or not.



THE DAY OF SURGERY:

When you get home from your surgery, you should spend the remainder of the day resting. Some patients like to have a friend or family member nearby to assist them in these first few hours. During this time, your eyes will be very sensitive. For this reason, it is important to avoid activities in which your eye may be poked, rubbed, or touched. Be sure to keep your eyes well lubricated.

It's recommended that you go directly home and take a nap to rest your eyes. Before doing so, please apply your drops as directed. Should you need to clean your eyelids when you wake up, **DO NOT RUB**. Instead, use a soft, damp facecloth or sponge in a gentle downward motion.

What NOT to do following your surgery:

- Avoid eye rubbing. Instead, use lubricating drops when they feel irritated.
- Don't squint or squeeze your eyes. Keep them gently closed.
- Avoid staring without lubricating your eyes.
- Avoid using digital screens (such as a television, tablet, or cell phone) and reading for the first 48 hours.
- Avoid showering (you may take a bath but avoid getting soap or water in your eyes).
- Avoid alcohol or smoking.
- No driving. Do not drive until you've been given the go-ahead after seeing an eye care professional at your 24-hour post-operative appointment (This applies whether you've had surgery in one or both eyes).



Eye protection: Following your procedure, it is important that you wear sunglasses every time you go outside during the day for the first 6 months, even if it is overcast or cloudy, to provide protection against ultraviolet rays. After 6 months, you should avoid direct UV light exposure as much as possible. This means wearing proper UV protected sunglasses outdoors and avoiding artificial UV light sources, such as tanning beds.

Caution: don't wear your sunglasses while driving at night-time.



THE DAY AFTER SURGERY YOU ARE PERMITTED TO DO THE FOLLOWING:

- Wear a prescription contact in your unoperated eye.
- Shower (continue to avoid getting any soap or water in the eyes).
- Apply facial makeup (no eye makeup).
- Lift objects of moderate weight (under 50 lbs).

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Activities	3 days	5 days	7 days		1 month	
	No eye protection required	No eye protection required	No eye protection required	Eye protection required	No eye protection required	Eye protection required
• Watch TV, but keep your eyes well lubricated. • Fly in an airplane, but keep eyes generously lubricated (every 30 minutes).	✓					
• Light activities, such as going to the office or school, reading, and working on the computer. • Drive short distances if we confirm that you have adequate vision. • Light exercise, such as using a treadmill, Stairmaster, or stationary bike. • Play carefully with children. • Lift weights heavier than 50 lbs. • Apply eye makeup, but only if contact lens has been removed (remove makeup gently and avoid touching the eyes).	X	✓				
• Dye hair and eyebrows. • Go horseback riding. • Sauna or steam room. • Outdoor activities, such as jogging, rollerblading, relaxed bicycling, playing golf, and boating. • Waxing eyebrows (proceed with caution) • Facial muscle relaxants around the eyes or forehead (proceed with caution)	X	X	✓			
• Tennis, squash, racquetball, and badminton. • Swimming, waterslides, scuba diving, snorkelling, sailing, water skiing, wind surfing, kayaking, and surfing. • Hockey, basketball, football, soccer, and baseball. • Motorcycling and snowmobiling. • Skiing and snowboarding.	X	X	X	✓		
• False eyelashes, eyelash extensions and eyelash growth products (proceed with caution) • Swimming, waterslides, scuba diving, snorkeling, sailing, water skiing, wind surfing, kayaking, and surfing (proceed with caution) • Basketball, football, soccer, baseball, boxing, and martial arts (proceed with caution) • Skiing and snowboarding (proceed with caution)	X	X	X	X	✓	
• Sun tanning and tanning beds. • Blepharoplasty (eyelid surgery). • Dirt biking and mountain biking. • Parachuting and bungee jumping.	X	X	X	X	X	✓

The above activity schedule is a guideline to avoid direct trauma to the eyes. If you are in doubt, wear eye protection to be safe.

For one month, it is strongly advised to NOT wear a contact lens in the operated eye (except the bandage contact lens) until you are advised it is okay to do so.

Please notify LASIK MD if you are admitted to the hospital for any reason within 30 days following your procedure, whether related to your vision or not.