

PRK POST-SURGERY ACTIVITY SCHEDULE

Congratulations on completing your laser vision correction procedure!

In order to avoid any contact with your eyes, you should follow these instructions 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 and will vary from patient to patient. It's not uncommon to experience significant discomfort for the first two (2) days. Only a handful of patients experience severe discomfort.

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 or applying pressure to them.



UV PROTECTION:

For six (6) months following surgery, it's important that you wear sunglasses every time you go outside during the day, even if it is overcast or cloudy, to provide protection against ultraviolet rays.



THE DAY OF SURGERY:

After surgery, it's normal to experience tearing, a burning sensation, and/or difficulty keeping your eyes open. Some patients like to have a friend or family member nearby to assist them in the first few hours following surgery. It's important to avoid activities in which the 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 (Zymar, Acuvail, Maxidex and hydraSense) 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 being careful not to rub your eyes or eyelids.

What NOT to do following your surgery:

- Avoid eye rubbing. Instead, use lubricating drops when they feel irritated.
- Keep your eyes gently closed. Don't squint or squeeze them.
- Avoid staring without lubricating your eyes for the first 48 hours.
- 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 or operating hazardous equipment. This applies even if you only had surgery on one eye.
- Nursing mothers should not breastfeed for the first 24 hours.



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

- Shower (avoid getting soap or water in your eyes).
- Apply facial makeup (but not eye makeup).
- Lift objects of moderate weight (under 50 lbs.).

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Activities	3 days	5 days	7 days		1 month		3 months
	No eye protection required	No eye protection required	No eye protection required	Eye protection required	No eye protection required	Eye protection required	No eye protection required
- Watch TV but keep your eyes well-lubricated. - Fly in an airplane, but keep eyes generously lubricated (apply eye drops every 30 minutes).	✓						
- Light exercise (such as using a treadmill, Stairmaster, or stationary bike). - Drive short distances (but only if you've gotten approval from an eyecare professional) - Play gently with babies and toddlers. - 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). - Light activities, such as reading, working on a computer, and going to the office and/or school	X	✓					
- Dying hair and eyebrows. - Sauna & steam room. - Jogging, rollerblading, casual bicycling, horseback riding, golfing, and boating. - Waxing eyebrows (proceed with caution) - Facial muscle relaxants around the eyes or forehead (proceed with caution)	X	X	✓				
- Tennis, squash, racquetball, badminton. - Motorcycling and snowmobiling.	X	X	X	✓			
- Swimming, waterslides, scuba diving, snorkeling, sailing, water skiing, kayaking, and surfing. - Hockey, basketball, football, soccer, and baseball. - Skiing and snowboarding.	X	X	X	✓	✓		
- False eyelashes, eyelash extensions and eyelash growth products. - Boxing and martial arts.	X	X	X	X	✓		
- Sun-tanning and salon tanning. - Dirt and mountain biking. - Parachuting and bungee jumping.	X	X	X	X	X	✓	
Blepharoplasty (eyelid surgery).	X	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.

Should you have restrictions indicated on your driver's license that require you to wear glasses or contacts while driving, then you may wish to have them removed. Please visit your local registry office after your surgical procedure has been completed for more information on the provincial regulations for removing this restriction.

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.