



Activities and Expectations After LASIK

- Dr. Waters recommends rest for at least 2 days following surgery. Sleep is very helpful to the healing process. Taking a nap for the first 2 hours after surgery will help relieve any discomfort you might have after surgery.
- Avoid reading and computer use for at least 2 days, as these activities can irritate your eyes.
- Do not rub your eye(s) after surgery. You will leave surgery with eye shields on your eye(s). Please leave the shields on at all times until the next morning unless you are putting drops in your eye(s).
- You must wear your eye shields anytime you sleep for 5 days after surgery, so you don't accidentally rub your eyes.
- You may bathe or shower, however, avoid getting water and/or shampoo in your eyes. Swimming and the use of hot tubs and whirlpools are permissible if you keep the water level below your shoulders to avoid getting chemicals in your eyes.
- Do not apply eyeliner or mascara for one week. After that, apply eye make-up with caution.
- Driving is unsafe for the first 1-2 days due to changed vision and depth perception. Also medications taken for pain and sleep may slow your reflexes.
- Night glare may occur for the first few weeks after surgery. You may experience starbursting and halos. This will improve as your eyes heal.
- Avoid gardening and dirty environments for one week.
- Smoke will be quite irritating to the eye.
- You may resume other normal activities or exercise as tolerated the day after surgery. Avoid activities that could cause injury to the eye.
- Always use safety glasses when warranted.
- Always use 100% UV protection sunglasses when outdoors.