



## Do's and Don'ts After Refractive Surgery

1. **Do** avoid contact and/or impact sports, power weight lifting programs and strenuous exercise for two (2) weeks. Moderate exercise is permitted after seven (7) days. Protective eyewear must be worn.
2. **Do** stay in a clean environment. Avoid activities such as working in your yard or garden for two (2) weeks following surgery. When you resume these activities, wear protective eyewear.
3. **Do** wear the protective shield for the first 24 hours after surgery and while sleeping for two (2) weeks.
4. **Do** wear sunglasses to protect your eyes from sun/wind damage for up to two (2) months. Your eyes may be light sensitive for several weeks after surgery.
5. **Do** use artificial tears after surgery because your eyes may feel gritty or like something is in them. This is normal and may last for several weeks. Fluctuation of vision from blurry to clear during the healing process is normal, especially with near vision.
6. **Do** return to work when you feel able and comfortable.
7. **Don't** wear eye make-up for at least two (2) weeks following surgery.
8. **Don't** swim or scuba dive for two (2) weeks. Avoid hot tubs, whirlpools, saunas and steam baths for two (2) weeks. You may take a shower 24-48 hours after the procedure, but do not let direct water pressure hit your eyes or get shampoo/soap in your eyes for 2 weeks.
9. **Don't** rub, bump, scratch or touch the operated eye(s) after surgery.
10. **Don't** drive until your vision has improved and your doctor approves.

If you have any questions or concerns, you can reach us at **(714) 965-9696**