

Returning To Your Hobbies And Activities After LASEK Surgery

This activity timeline chart will give you an indication of when you can go back to doing what you love and enjoy most after your LASEK surgery.

Daily Activities	
Driving	Within 4–7 days
Go back to work	Within 4–7 days
Housework	Within 4–7 days
Mobile / Tablet	From 6 hours
Showering	From 6 hours
Watching TV	From 6 hours
Work in dusty environments	From 7 days

Beauty	
Dye hair	2 weeks
Eyelash/Eyebrow tint	2 weeks
Eyebrow wax	2 weeks
Facial	2 weeks
Wear eye make-up	1 week
Wear fake tan	1 month
Wear false eye lashes	4 weeks

Activities	
Abseiling	4 weeks
Aquatic sports	2 weeks
Bowling	2 weeks
Boxing	4 weeks
Bungee jump	4 weeks
Competitive running	2 weeks
Cricket	2 weeks
Cycling	1 week
Football	2 weeks
Fishing	2 weeks
Going for a walk	2 – 4 days
Go-karting	2 weeks
Golf	1 week
Horse riding	2 weeks
Hill walking	1 week
Jet ski	4 weeks
Jog	1 week
Martial arts	4 weeks

Activities	
Mountain biking	2 weeks
Racket sports	2 weeks
Rock climbing	4 weeks
Rollerblade	2 weeks
Rugby	4 weeks
Scuba dive	4 weeks
Skateboard	4 weeks
Ski	4 weeks
Sky dive	12 weeks
Snooker/Pool	1 week
Snorkelling	2 weeks
Snowboard	4 weeks
Surf	4 weeks
Trampolining	4 weeks

Hobbies	
DIY	From 2 weeks
Gardening	From 2 weeks
Paint	2 weeks
Read a book	From 2–4 days
Video games	From 6 hours

Travel	
Fly	Within 1 week
Sunbathe	2 weeks
Swim in sea	2 weeks

Gym	
Aerobic exercise class	2 weeks
Gym	1 week
Heavy weight training	4 weeks
Sauna/Steam room	2 weeks
Swim	2 weeks

Social Activities	
Cinema	From 2–4 days
Dance	1 week
Drink alcohol	48 hours

Other	
Dentist	2 week
Give blood	1 month