Waite Vision Publishes Article on Red Light Therapy and LASIK Recovery

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Lehi, Utah - November 25, 2026 -
Waite Vision, a LASIK surgeon located in Lehi, Utah, has published an educational article examining red light therapy as a possible addition to recovery after laser vision correction. The practice performs LASIK, PRK, SMILE, and EVO ICL for patients in Lehi, Salt Lake City, Provo, and Utah County. The article, "Using Red Light Therapy After LASIK", reviews what current research does and does not establish about the therapy and explains why any use during the healing period requires evaluation by the operating surgeon.

Red light therapy, also referred to as low-level light therapy or photobiomodulation, applies visible red wavelengths to tissue. It is distinct from infrared therapy, which uses longer wavelengths that penetrate more deeply and are generally avoided near the eye unless specifically indicated. Research into the application of red light therapy in eye care remains limited, and the article states directly that it is not a standard component of LASIK aftercare in ophthalmology. Existing work has examined whether red wavelengths influence cellular activity, inflammation, and tissue repair, and a separate line of research has looked at effects on meibomian gland function and tear film stability. Because dry eye following LASIK is frequently associated with meibomian gland dysfunction, that research has drawn interest among patients recovering from laser vision correction in Salt Lake City and Provo.

The article gives equal weight to the limits and the risks. Devices that emit high-intensity or laser-based light can pose a risk of retinal injury or can worsen light sensitivity, which is already common during the early weeks after surgery. Red light therapy does not correct refractive error and is not designed to improve visual acuity, so it does not alter the structural correction achieved through LASIK or PRK. It is also not a substitute for prescribed post-operative care, which continues to include medicated drops, protective eyewear, and restrictions on activity. Patients in Lehi who have undergone PRK, or who have thinner corneas, are advised to apply the same caution, and Waite Vision uses corneal topography during evaluation to inform both procedure selection and the aftercare plan.

Dry eye is among the experiences most frequently reported during LASIK recovery, and the article addresses it at length because it is the symptom most often raised in connection with red light therapy. Standard management continues to rely on artificial tears and prescribed medications. The article positions any light-based therapy as a possible supplement to that approach rather than a first-line treatment, and it notes that increased discomfort, vision changes, or new symptoms during any supportive therapy warrant stopping and contacting the surgeon. Timing is the point the article returns to most often. Flap integrity after LASIK is monitored at scheduled post-operative visits, and the appropriate moment to introduce a supportive therapy, if at all, depends on how an individual eye is healing.

"Patients ask about red light therapy because they have seen it marketed for skin and joint applications, and the eye is a different situation entirely," said Dr. Aaron Waite, MD, fellowship-trained, board-certified ophthalmologist and founder of Waite Vision. "The cornea is healing, the eye is sensitive to light, and the evidence base for use around the eye after refractive surgery is still forming. The answer is not that the therapy is off limits. The answer is that timing and device selection are decisions made at a post-operative visit rather than at home." Dr. Waite completed a fellowship in cornea, external disease, and refractive surgery at the University of Colorado School of Medicine, served as Director of Cornea, Cataract, and Refractive Surgery at the University of Tennessee Hamilton Eye Institute, and is a clinical faculty member at the University of Utah Moran Eye Center. He has published in the Journal of Cataract and Refractive Surgery and the American Journal of Ophthalmology.

Waite Vision provides LASIK, PRK, SMILE, EVO ICL, and refractive lens exchange, along with refractive cataract surgery and corneal cross-linking, from a single location at 3333 N Digital Drive, Suite 300, Lehi, UT 84043. The practice can be reached at 801-876-6000. The office sits along the Interstate 15 corridor in northern Utah County, which places it within a routine drive for patients traveling from Salt Lake City, Provo, and surrounding communities for laser vision correction consultations. Driving directions to the office are available through Google Maps.

For more information about LASIK and laser vision correction at Waite Vision in Lehi, Utah, the practice website is available at waitevision.com, and hours, location, and contact details are listed on the Google Business Profile for the practice. Waite Vision continues to publish educational material on recovery topics for patients considering LASIK, PRK, SMILE, and EVO ICL across Utah.

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For more information about Waite Vision, contact the company here:Waite VisionJen Martin(801) 876-6000info@waitevision.com3333 Digital Dr #300Lehi, UT 84043

Waite Vision

Waite Vision is superior vision correction center built around you. You have options, including LASIK, SMILE, PRK, ICLs, Refractive Lens Exchange and Corneal Cross-Linking. Let?s make blurry vision a thing of the past, so you can live life in focus.

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