Kugler Vision Shares Expert Guidance on ?When Can You Return to Contact Sports After LASIK??

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OMAHA, NE - November 21, 2025 -
Kugler Vision has released a new educational resource titled ?When Can You Return to Contact Sports After LASIK?? to help athletes and active individuals understand how to safely return to physical activity following laser vision correction. As LASIK continues to be one of the most performed refractive surgeries in the United States, many athletes seek clear, corrected vision to enhance their performance. This new article provides data-driven insight from ophthalmology specialists on recovery timelines, safety precautions, and how LASIK impacts visual perception and athletic performance.

According to Kugler Vision?s team of refractive surgeons, most patients can resume contact sports such as basketball, racquetball, or football approximately one month after LASIK, provided they follow surgeon guidance and wear protective eyewear. For higher-risk sports that involve direct eye contact?like boxing or martial arts?surgeons may recommend extending recovery to as long as twelve weeks. This range allows the corneal flap created during LASIK to fully stabilize and adhere securely to the underlying tissue, reducing the likelihood of complications from sudden impact or debris exposure. Non-contact activities such as jogging or strength training can often resume much sooner, but medical clearance remains essential for all patients.

The article explains that LASIK involves the creation of a delicate corneal flap that needs time to heal before the eye can withstand the rigors of contact sports. Even minor trauma, sweat, or environmental irritants can pose risks during early recovery, which is why protective measures are emphasized. Kugler Vision?s ophthalmologists note that the healing process is critical to preventing complications such as corneal flap displacement, infection, or temporary changes in visual acuity. The clinic advises that every patient?s healing process is unique and that careful monitoring ensures each individual regains full vision stability before returning to intense physical activity.

In addition to recovery guidance, the resource highlights the importance of sports-specific eyewear designed for impact resistance. Certified goggles that meet ASTM F803 standards can significantly reduce the risk of eye injury while allowing patients to maintain performance during training or play. The surgeons at Kugler Vision recommend continued use of these protective lenses throughout the first several months after surgery,

especially for athletes whose sports involve rapid movement, close contact, or airborne debris. Simple preventive measures, such as wearing wraparound sunglasses in bright or windy environments, further safeguard healing tissue and improve long-term visual outcomes.

The publication also examines how LASIK improves athletic performance by eliminating the limitations of glasses and contact lenses. For athletes who depend on precision and quick reflexes, clear, unaided vision enhances spatial awareness, depth perception, and lighting adaptability. The ophthalmology specialists at Kugler Vision explain that freedom from eyewear allows for better reaction times, uninterrupted focus, and improved peripheral vision?factors that can make a measurable difference in competitive performance. Many athletes report greater comfort and confidence after LASIK, particularly in sports that require helmets, masks, or constant physical movement.

Dr. Lance Kugler, founder and medical director of Kugler Vision, emphasized the importance of informed recovery practices. ?Athletes have a unique set of visual and physical demands that require a careful approach to recovery,? said Dr. Kugler. ?Understanding the healing timeline and taking proper precautions ensures that each patient not only achieves excellent visual outcomes but can also return to their sport safely and confidently.?

This article continues Kugler Vision?s mission to educate patients on the science and safety of advanced vision correction. The practice, known for its expertise in refractive surgery and individualized patient care, routinely publishes educational resources designed to guide patients through each stage of their vision journey?from initial consultation through post-operative recovery. The clinic?s emphasis on data-driven recommendations and transparent timelines reflects its commitment to evidence-based ophthalmology and patient safety.

Reporters covering trends in sports medicine, ophthalmology, or refractive surgery will find this release particularly relevant amid ongoing discussions about LASIK?s role in athletic performance enhancement. With increasing awareness of the connection between visual acuity and sports safety, the guidance provided by Kugler Vision adds timely perspective to the field. The release reinforces the need for responsible recovery practices while underscoring the advantages of modern LASIK technology for athletes seeking long-term freedom from glasses and contacts.

For patients considering vision correction, Kugler Vision remains a trusted leader in refractive surgery, offering procedures that address nearsightedness, farsightedness, and astigmatism. The clinic?s focus on innovation, surgical precision, and comprehensive follow-up care has positioned it as a regional and national authority in advanced ophthalmology. By combining patient education with world-class surgical expertise, Kugler Vision continues to contribute meaningfully to the advancement of safe, effective LASIK outcomes.

The full article, "When Can You Return to Contact Sports After LASIK?", is available on the Kugler Vision website. For more information, visit Kugler Vision or contact the practice?s media relations office for interview requests or expert commentary from Dr. Lance Kugler.

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Kugler Vision

Kugler Vision is Omaha?s leader in custom LASIK Eye Surgery and Laser Vision Correction Procedures. Led by Dr. Lance Kugler, Kugler Vision also provides SMILE, PRK, EVO ICL, Blended LASIK, and Refractive Lens Exchange (RLE) procedures.

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