Waite Vision Provides New Guidance on Safe Return to Skiing After LASIK

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Lehi, Utah - February 09, 2026 -
Waite Vision has released new patient education material titled ?When Can I Ski After LASIK??, offering clear, evidence-based guidance for individuals planning to resume skiing following laser vision correction. The announcement highlights an area of growing interest among patients who prioritize active lifestyles and seek reliable information about timing, safety, environmental risks, and protective measures specific to winter sports. As skiing presents unique visual demands and exposes the eyes to wind, glare, cold temperatures, and potential impact, Waite Vision?s update serves as a timely resource for reporters covering ophthalmology, sports medicine, and public health topics, as well as prospective patients researching safe post-procedure recovery timelines.

The article outlines why skiing requires additional precautions compared to other activities after LASIK and explains the typical recommendation that most patients wait approximately one week before returning to the slopes, pending surgeon approval. Waite Vision notes that LASIK recovery is generally efficient, but emphasizes that wind, ultraviolet glare, and rapid temperature changes at higher altitudes introduce variables that can affect early healing if not properly accounted for. Dr. Aaron Waite evaluates each patient?s progress through structured postoperative visits to determine when corneal tissue stability and visual clarity are

adequate for exposure to these winter conditions. By offering a straightforward overview of environmental stressors, the article clarifies why personalized clearance remains essential for safe participation in high-motion activities.

Within the resource, Waite Vision details a staged healing timeline beginning immediately after surgery, when patients are advised to avoid any high-intensity activity, through the one-week period when many individuals are cleared to resume outdoor sports. The guidance further explains that around the one-month mark most patients have regained sufficient stability for conditions involving extreme cold, wind, or bright reflective surfaces. This timeline is grounded in standard clinical practice and reflects common experience among patients who undergo LASIK nationally. The article also underscores that individualized recommendations may vary depending on corneal healing patterns, tear film stability, and any history of dry eye symptoms, factors that are assessed in follow-up care.

The article identifies several essential precautions for skiing after LASIK, including impact-resistant goggles with full UV protection, adequate hydration, and the use of lubricating eye drops to counteract dryness triggered by cold air exposure. These steps are supported by experience in ophthalmic postoperative care, where environmental dryness is a known contributor to visual fluctuation in early recovery. Waite Vision?s guidance encourages a gradual return to skiing, beginning with easier runs so that patients and clinicians can assess how visual performance responds to motion, speed, and glare in the weeks following the procedure. This approach mirrors recommendations widely used across ophthalmology practices for the safe reintroduction of high-intensity sport.

Dr. Waite explains in the article that skiing differs from other recreational activities because the sport simultaneously exposes the eyes to wind shear, rapid light changes, snow reflection, and potential impact forces. These combined variables highlight the importance of ophthalmology-driven postoperative decision-making, particularly in the early weeks of healing. The article also notes that the guidance applies similarly to snowboarding, which carries comparable risks related to terrain variation, speed, and weather conditions. Reporters covering winter sports safety may find this comparison useful when advising readers about general eye protection during mountain activities.

Several frequently asked questions addressed in the article offer additional insights for readers seeking clarity on issues such as infection risk, dry eye symptoms, and vision stability while skiing. The guidance reiterates that infection risk after LASIK remains rare but emphasizes the importance of preventing debris exposure during healing. It also clarifies why contact lenses should not be worn while recovering, even if temporary blurring is present, and why depth perception may feel slightly different in the early postoperative period. By addressing these concerns in a factual, accessible format, the article supports informed decision-making for individuals planning ski trips around their recovery timeline.

The release also highlights that patients often schedule LASIK in advance of winter vacations, making timing an important consideration for travel planning. Waite Vision recommends allowing several weeks between surgery and significant winter activity to ensure predictable healing and reduce the potential for discomfort during travel. Guidance on environmental protection, including UV-blocking eyewear, further demonstrates the practice?s commitment to offering complete and practical postoperative information.

Dr. Waite stated, ?Many patients lead very active lives and want to return to winter sports quickly, and our goal is to provide accurate and safe guidance tailored to each case. Education plays a key role in preventing avoidable complications and ensuring that patients can enjoy their activities with comfort and confidence.? His comments reflect the practice?s broader commitment to offering individualized care and transparent communication grounded in evidence-based ophthalmology.

Waite Vision continues to expand its library of postoperative education materials to support both patients and journalists seeking credible explanations of vision care topics. Reporters interested in additional commentary, expert interviews, or clarification about LASIK recovery guidelines are encouraged to contact the practice directly. For supporting information, visit Waite Vision?s website or review the full article, ?When Can I Ski After LASIK??, available through the practice?s patient education resources.

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