

JBER Warfighter Refractive Surgery Center

Post Refractive Surgery Physical Profile Restrictions:

180 days:

- Sunglasses (UV protective eyewear) must be worn while outdoors regardless of brightness or perceived needs. (30 days indoors for comfort/physical safety)

60 days:

- Non-Deployable / No airborne Ops
- No PCS (unless approved by gaining base optometrist)
- Cannot carry or fire individual assigned weapons, no evading direct / indirect fire (60 days PRK/30 days LASIK)
- No riding in tactical military vehicle more than 12 hours per day (60 days PRK/30 days LASIK)
- No wearing body armor for more than 12 hours per day, No wearing protective mask / MOPP 4 for more than 2 continuous hours per day (60 days PRK/30 days LASIK)
- No moving greater than 40lbs while wearing usual protective gear (helmet, weapon, body armor, and LBE)
- No living/working in austere environment (60 days PRK/30 days LASIK)
- Flyers: DNIF (60 days PRK/30 days LASIK)

30 days:

- No swimming/saunas/hot tubs/water sports
- No driving government vehicles or heavy machinery (or until cleared by provider)
- No contact sports, group/unit PT (Individual PT at own pace/distance
 - (Individual may participate in fitness program requirements that do not involve contact sports)
- No gas chamber, gas masks or chemical warfare training
- No exposure to chemicals, solvents, fumes or dust.
- No PT Testing

7 days:

- No Exercise
- No driving personal vehicle

Applicant:

I understand that after my refractive surgery procedure I will be placed on a physical profile/light duty restriction. I understand that once the procedure is completed, the profile will not be changed. I understand that I must plan for any training, TDY, PCS, or any other activities that may be affected due to my physical profile.

Signature: _____

Date: _____

Supervisor:

Signature: _____

Date: _____

Printed Name: _____

Email: _____