ClearSight LASIK & Lens Plano Outlines Post-Operative Cataract Surgery Care Protocol in Plano, Texas

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ClearSight LASIK & Lens Plano, a LASIK surgeon located in Plano, Texas, has published a detailed guide describing its post-operative care protocol for cataract surgery patients. The article, titled "What Kind of Post-Operative Care Is Provided After Cataract Surgery in Plano?", documents the practice's four-visit follow-up schedule, the prescribed medication regimen, and the activity restrictions that accompany cataract surgery recovery in the Plano area. The guide reflects the post-operative protocol in use at ClearSight Plano, where Dr. Anna Edmiston, MD, serves as medical director and personally conducts each scheduled follow-up exam from consultation through recovery.

The article details a four-visit follow-up schedule for cataract surgery patients in Plano, with exams scheduled at one day, one week, one month, and three months after surgery. Each visit serves a specific clinical purpose: the day-after exam checks the intraocular lens implant and screens for early complications, the one-week visit assesses initial healing, the one-month visit evaluates visual stabilization, and the three-month visit confirms final visual acuity and prescription stability. Additional visits are scheduled when individual healing warrants closer monitoring. Diagnostic imaging is performed at each follow-up to track healing progress for patients across Plano, Dallas, and the surrounding North Texas region.

At its Plano location, ClearSight LASIK & Lens performs Premium Cataract Surgery alongside refractive procedures that include All-Laser LASIK, SMILE LASIK, EVO ICL, and Custom Lens Replacement. According to the published article, full recovery from cataract surgery typically takes four to 12 weeks, while most patients notice improved vision within one to three days after the procedure. Patients in Plano, Dallas, and Fort Worth are prescribed a compounded three-medication eye drop regimen consisting of an antibiotic for infection prevention, an anti-inflammatory steroid drop, and a nonsteroidal anti-inflammatory drug to manage discomfort. These are typically tapered over a month. Specific medications and schedules vary based on the surgeon's protocol and individual patient needs.

The article also outlines activity restrictions during the healing period. After cataract surgery in Plano, patients are advised to avoid rubbing the eye, heavy lifting over 10 to 15 pounds, swimming, and dusty environments

for at least two weeks, and to avoid strenuous exercise, eye makeup, and hot tubs during a similar period. Most patients can resume driving within three days, once the ophthalmologist confirms adequate visual acuity at the day-after follow-up visit, though night driving may take longer due to temporary light sensitivity and halos that typically resolve within one to two weeks.

A central element of the ClearSight Plano protocol is that the operating surgeon typically personally conducts every scheduled follow-up exam for cataract surgery patients. "Cataract surgery recovery is a process that unfolds over several weeks, and what happens at each follow-up visit matters," said Dr. Anna Edmiston, MD, board-certified ophthalmologist and medical director of ClearSight Plano. "I conduct every follow-up exam personally for my cataract patients in Plano because the surgeon who performed the procedure has direct knowledge of the eye and can adjust the recovery plan as healing progresses." Edmiston completed fellowship training at programs including Johns Hopkins and JacksonEye, and she opened ClearSight's first Texas location in Plano.

ClearSight LASIK & Lens Plano is located at 5280 Towne Square Dr., Plano, TX 75024, and serves cataract surgery and refractive surgery patients throughout Plano, Dallas, Fort Worth, and the broader North Texas region. Driving directions to the Plano office from the Dallas-Fort Worth metropolitan area are available through Google Maps. Every cataract surgery patient is provided with written instructions on warning signs to monitor during recovery, including sudden vision loss, worsening pain, increasing redness, persistent flashes of light, new floaters, or a curtain-like shadow in the visual field, along with a direct after-hours contact line. The practice can be reached by phone at 214-380-2020.

For more information about cataract surgery and post-operative care at ClearSight LASIK & Lens Plano, visit clearsight.com or view the practice's Google Business Profile. Free consultations are available for patients in Plano, Dallas, Fort Worth, and across North Texas considering Premium Cataract Surgery, Custom Lens Replacement, or laser vision correction at the practice's Plano office. Additional patient education resources covering vision correction and cataract care procedures available in Plano are published on the ClearSight LASIK & Lens website.

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ClearSight Plano

ClearSight provides LASIK in Oklahoma City, OK, and Plano, TX. We also provide Custom Lens Replacement, SMILE

vision correction, ASA PRK, and EVO ICL, along with advanced cataract surgery. Vision correction for a life without limits.

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