ilumin Eye Care Center Outlines Recovery Expectations After Same-Day Bilateral Cataract Surgery in Omaha, Nebraska

June 15, 2026

Omaha, Nebraska - June 15, 2026 -
ilumin Eye Care Center, an ophthalmology practice located in Omaha, Nebraska, has published a detailed patient resource on recovery after same-day bilateral cataract surgery. The practice performs same-day bilateral cataract surgery, also called immediately sequential bilateral cataract surgery or ISBCS, for patients across the greater Omaha metro area, and the new article addresses what patients can expect from the day of surgery through full visual stabilization. The article, "What Should You Expect During Recovery After Same-Day Cataract Surgery on Both Eyes?", reviews recovery timelines, follow-up scheduling, eye drop protocols, caregiver considerations, and home preparation, and references two studies presented at the European Society of Cataract and Refractive Surgeons (ESCRS) congress in September 2025.

Recovery from same-day bilateral cataract surgery follows a predictable pattern for residents of Omaha, Council Bluffs, Bellevue, and Papillion who undergo the procedure. Both eyes are temporarily blurry on the day of surgery, with vision beginning to clear within 24 to 48 hours, and most patients return to normal activities within a few days. Full visual stabilization typically takes two to six weeks, during which patients use a single coordinated schedule of antibiotic and anti-inflammatory drops for approximately four weeks, wear

protective shields overnight, and observe short-term activity restrictions. The structured follow-up schedule at ilumin Eye Care Center includes three Omaha office visits: the day after surgery, approximately one week later, and a final assessment at four to six weeks, with both eyes evaluated at each appointment.

Two recent ESCRS studies inform the recovery picture. A Moorfields Eye Hospital study presented at ESCRS in September 2025 reported that 85 percent of bilateral multifocal cataract patients achieved 20/20 vision or better, with refractive accuracy comparable to delayed sequential surgery. A separate Danish study presented at the same congress followed 157 bilateral cataract patients during their first 24 hours of recovery: 62 percent did not require a caregiver, 88 percent navigated their home independently after discharge, and 79 percent prepared food without assistance. ilumin Eye Care Center cites these data alongside its Omaha protocols to help patients and families plan for surgery day. Transportation home from the procedure remains a requirement because both eyes are recovering simultaneously and an oral sedative is administered.

"Same-day bilateral cataract surgery consolidates recovery into a single timeline rather than two, which is one of the practical reasons patients in Omaha consider the bilateral approach," said Dr. Brandon Menke, MD, board-certified ophthalmologist at ilumin Eye Care Center. "What we focus on at the pre-operative visit is helping the patient and family understand the day-by-day picture, including the drop schedule, the overnight shields, and the follow-up visits, so the recovery period feels structured and predictable. The recent ESCRS data on patient independence after bilateral surgery aligns with what we see in our own Omaha follow-up appointments." Dr. Menke completed a Doris Duke Clinical Research Fellowship in retinal regeneration, serves as Adjunct Assistant Professor of Oculoplastic Surgery at the University of Nebraska Medical Center, holds a staff appointment at the VA Nebraska-Western Iowa Health Care System, and serves as a Lieutenant Commander in the United States Navy Reserve.

Same-day bilateral cataract surgery is one of several cataract care services offered at ilumin Eye Care Center in Omaha. The practice also performs phacoemulsification with a range of intraocular lens options, including monofocal IOLs, toric IOLs for astigmatism correction, multifocal IOLs, extended depth of focus IOLs, and the Light Adjustable Lens, which allows post-operative fine-tuning of vision. For Omaha-area patients with coexisting glaucoma, ilumin offers cataract surgery combined with iStent or OMNI procedures. Additional services include glaucoma management, retinal care for diabetic eye disease and macular degeneration, and oculoplastic surgery for residents of Omaha, Council Bluffs, Bellevue, and Papillion.

ilumin Eye Care Center is located at 16820 Frances Street, Suite 100, in Omaha, Nebraska, and serves patients throughout the Omaha metro area, including Council Bluffs, Bellevue, and Papillion. The Lakeside Office offers on-site parking and is accessible from major routes connecting western Omaha to surrounding communities. The practice's Omaha office location is viewable on Google Maps, and patients can obtain driving directions to the practice from central Omaha. Pre-operative consultations include a written drop schedule, a printed post-operative instruction sheet, and a discussion of caregiver and transportation

logistics.

For more information about same-day bilateral cataract surgery and the recovery process at ilumin Eye Care Center in Omaha, the full article is available at ilumineyes.com. The board-certified ophthalmologists at ilumin Eye Care Center continue to provide cataract surgery, glaucoma treatment, retinal care, and comprehensive eye exams to patients across Omaha, Council Bluffs, Bellevue, and Papillion, with structured pre-operative planning and follow-up visits that consolidate bilateral cataract recovery into a single coordinated timeline.

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ilumin Eye Care Center

ilumin is Omaha?s premier provider of medical and surgical eye care. The ophthalmologists at ilumin offer refractive correction such as LASIK and RLE, treat medical conditions like cataracts and glaucoma, and provide general optical care.

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