Dr. Mai grew up in Keller, Texas. She graduated in the Top Ten of her class from Fossil Ridge High School prior to attending the University of Texas. She earned a Bachelor of Science degree with departmental distinction in Biology. During her leadership as the President of the Vietnamese Student Association at UT Arlington, she was awarded with Tarrant County Asian Chamber of Commerce Outstanding Achievement Scholarship for her dedication to public services. After college, she went on to complete a MD degree, graduating from medical school at Texas A&M College of Medicine. She is the recipient of the highly competitive Metropolitan Lifetime Foundation Scholarship, the National Medical Fellowship's most prestigious merit scholarship awarded to the top minority medical students in the country. She completed her internship training at Parkland Hospital and continued her ophthalmology residency at the Robert Cizik Eye Clinic of UT Houston College of Medicine. During residency, Dr. Mai wrote several book chapters with world renowned Dr. Andrew G. Lee, Dr. David F Chang and Bonnie A. Henderson. Dr. Mai had the privilege of completing her vitreoretinal surgical fellowship at one of the best retinal surgical training programs, Retina & Vitreous of Texas, under the guidance of Dr. Joseph Khawly, Dr. Eric Holz, Dr. Hassan Rahman, Dr. Emmanuel Chang, and other distinguished retina faculty. With deep roots in Tarrant County, Dr. Mai is determined to move back home after fellowship to serve the community that she has known for all her life.

She is a member of the American Academy of Ophthalmology, American Society for Retina Specialists, Women in Ophthalmology, and Women in Retina. She has written several publications and book chapters in retinal diseases and presented at national meetings.

Dr. Mai specializes in all aspects of vitreoretinal diseases with a particular interest in macular diseases such as macular puckers, macular holes, age related macular degeneration, retinal detachments, diabetic retinopathy, and vein occlusions. She also has interested in acquired/inherited pediatric retinal disorders including familial exudative vitreoretinopathy, persistent fetal vasculature, Coats' disease, congenital cataracts, retinitis pigmentosa, and hereditary vitreoretinopathies. She has the qualifications and professional experience to assist anterior segment surgeons in highly complex cataract surgeries and perform vitrectomy to remove dislocated intraocular lenses.

Dr. Mai is fluent in English and Vietnamese. When not at work, Dr. Mai enjoys community service, outdoor activities, and spending time with her husband and children.