

Post-Operative Care Instructions

Dear [Patient's Name],

Congratulations on your recent surgery! To ensure a smooth recovery, please follow these post-operative care instructions:

1. Pain Management

Take prescribed pain medications as directed. If pain persists or worsens, contact our office.

2. Wound Care

Keep the surgical site clean and dry. Change dressings as instructed and watch for signs of infection such as increased redness or discharge.

3. Activity Restrictions

Avoid strenuous activities, heavy lifting, and sports for at least [insert duration].

4. Follow-Up Appointments

Please schedule a follow-up appointment within [insert timeframe] to monitor your recovery.

5. Nutrition and Hydration

Maintain a balanced diet and stay hydrated. Gradually reintroduce foods as tolerated.

When to Contact Us

Reach out to our office if you experience fever, excessive swelling, or any unusual pain.

Wishing you a speedy recovery!

Sincerely,

[Your Doctor's Name]

[Your Clinic's Name]

[Contact Information]