

Post-Surgery Instructions

Dear [Patient's Name],

We hope this message finds you well. Following your recent surgery on [Date of Surgery], please adhere to the following instructions for a smooth recovery:

Medications

- Take prescribed medications as directed.
- Manage pain with over-the-counter pain relievers as advised.
- For any severe reactions, contact your healthcare provider immediately.

Wound Care

- Keep the surgical area clean and dry.
- Change dressings as recommended.
- Watch for signs of infection, such as increased redness or discharge.

Activity

- Avoid strenuous activities and heavy lifting for [specified time].
- Take short walks to promote circulation.
- Follow up with physical therapy if advised.

Follow-Up Appointment

Your follow-up appointment is scheduled for [Date] at [Time]. Please ensure you attend this appointment for a thorough check-up.

Emergency Contact

If you experience any concerning symptoms, such as severe pain, persistent vomiting, or difficulty breathing, call [Emergency Contact Number] or visit the nearest emergency room immediately.

Wishing you a smooth and speedy recovery!

Sincerely,

[Your Name]

[Your Title]

[Your Hospital/Clinic]
[Contact Information]