

# Post-Surgery Care Instructions

Dear [Patient's Name],

We hope this message finds you well. As you recover from your recent surgery, it is important to follow these detailed care instructions to ensure a smooth and safe recovery:

## 1. Medications

- Take prescribed medications exactly as directed.
- Do not skip doses; if you miss one, take it as soon as you remember unless it's close to the next dose.
- Notify us if you experience any adverse reactions.

## 2. Wound Care

- Keep the surgical area clean and dry.
- Change dressings as instructed, typically every [insert number of days].
- Watch for signs of infection, including increased redness, swelling, or discharge.

## 3. Activity Restrictions

- Avoid strenuous activities and heavy lifting for at least [insert number of weeks].
- Gradually increase your activity level as advised by your doctor.
- Engage in light walking to promote circulation.

## 4. Diet and Hydration

- Stay hydrated by drinking plenty of fluids.
- Start with lighter foods and gradually return to your normal diet as tolerated.
- Monitor for any digestive issues; contact us if problems arise.

## 5. Follow-up Appointments

Your follow-up appointment is scheduled for [insert date]. Please ensure you attend this appointment for a thorough evaluation of your recovery progress.

If you have any questions or concerns during your recovery, please do not hesitate to reach out to our office at [insert contact information].

Wishing you a smooth and speedy recovery!

Sincerely,

[Your Name]

[Your Title]

[Hospital/Clinic Name]

[Contact Information]