

Post-Operative Care Instructions

Dear [Patient's Name],

We hope you are recovering well after your recent surgery on [Date of Surgery]. It is important to follow these guidelines to ensure a smooth recovery:

Medications

- Take prescribed medications as directed.
- Use pain management techniques as recommended.
- Contact our office if you experience any unusual side effects.

Wound Care

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

Diet and Hydration

- Start with clear fluids and gradually progress to a normal diet as tolerated.
- Stay hydrated by drinking plenty of water.

Physical Activity

- Avoid strenuous activities and heavy lifting for at least [number] weeks.
- Engage in light walking as tolerated to promote circulation.

Follow-Up Appointment

Please remember to schedule your follow-up appointment on [Date]. If you have any concerns before then, do not hesitate to contact our office at [Phone Number].

Thank you for trusting us with your care. Wishing you a speedy recovery!

Sincerely,

[Your Name]

[Your Title]

[Your Clinic/Hospital Name]