

Post-Operative Care Instructions

Dear [Patient's Name],

Congratulations on your recent surgery! To ensure a smooth recovery, please follow these instructions carefully:

1. Pain Management

Take your prescribed pain medication as directed. If pain persists or worsens, please contact our office.

2. Wound Care

Keep your surgical site clean and dry. Change dressings as instructed, and avoid touching the incision.

3. Diet

Start with clear liquids and gradually progress to a regular diet as tolerated. Avoid spicy or heavy foods initially.

4. Activity Level

Avoid strenuous activities for at least [specific time], and gradually resume normal activities based on your comfort level.

5. When to Call the Doctor

Contact our office if you experience:

- Increased swelling or redness at the incision site
- Fever over 101degF (38.3degC)
- Severe pain not relieved by medication
- Any unusual symptoms

Thank you for your cooperation. We wish you a speedy recovery!

Sincerely,
[Your Doctor's Name]