

Post-Operative Management Guidelines

Dear [Patient's Name],

We hope this message finds you well. Following your recent surgery on [Date of Surgery], we want to ensure that you have the necessary guidelines for your post-operative care.

1. Pain Management

Please take your prescribed pain medications as directed. If your pain exceeds a level of [insert level], please contact our office.

2. Activity Level

For the next [insert number] weeks, you should avoid heavy lifting and strenuous activities. However, gentle walking is encouraged.

3. Wound Care

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

4. Follow-Up Appointment

Your follow-up appointment is scheduled for [Date and Time]. Please make sure to attend this important visit.

If you have any questions or concerns, do not hesitate to reach out to us at [Phone Number] or [Email Address].

Wishing you a smooth and speedy recovery.

Sincerely,

[Your Name]

[Your Title]

[Your Clinic/Hospital Name]