

Post-Operative Care Guidelines

Dear [Patient's Name],

We hope this message finds you well. As you recover from your recent surgery, it is important to follow these post-operative care guidelines to ensure a smooth and speedy recovery.

1. Medications

- Take prescribed medications as directed.
- Manage pain with the provided analgesics.
- Do not take any new medications without consulting your physician.

2. Wound Care

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

3. Activity Level

- Avoid strenuous activities and heavy lifting for [insert time frame].
- Take short walks to promote circulation.
- Gradually resume normal activities as tolerated.

4. Diet

- Start with clear liquids and advance to a regular diet as tolerated.
- Stay hydrated and avoid alcohol until cleared by your doctor.

5. Follow-Up Appointments

It is important to attend all scheduled follow-up appointments to monitor your recovery. Please contact our office at [insert contact information] if you have any concerns or questions.

Thank you for your attention to these guidelines. Wishing you a smooth and healthy recovery!

Sincerely,

[Your Name]

[Your Title]

[Medical Facility Name]