

Discharge Instructions

Patient Name: [Patient's Name]

Date of Surgery: [Surgery Date]

Post-Operative Care:

- Keep the surgical site clean and dry.
- Change dressings as instructed.
- Watch for signs of infection (redness, swelling, increasing pain, or discharge).

Pain Management:

- Take prescribed pain medication as directed.
- Over-the-counter pain relief (e.g., acetaminophen or ibuprofen) may be used as needed.

Activity Restrictions:

- Avoid weight-bearing on the operated limb for [X] weeks.
- Physical therapy should begin on [date].
- Limit activities to walking, light stretching, and avoid high-impact exercises.

Follow-Up Appointment:

Your follow-up appointment is scheduled for [date] at [time]. Please ensure you attend.

Contact Information:

If you have any questions or concerns, please contact our office at [Phone Number].

Emergency Care:

If you experience severe pain, excessive bleeding, or any other emergency symptoms, seek immediate medical attention or go to the nearest emergency room.

Thank you for your cooperation and we wish you a smooth recovery!

Best Regards,

[Surgeon's Name]

[Facility Name]

[Contact Information]