

Pain Management Program Follow-Up Instructions

Dear [Patient's Name],

Thank you for attending your recent appointment in our Pain Management Program. To help you continue your recovery process, please follow the instructions outlined below:

Medication Management

- Continue taking your prescribed medications as directed.
- Report any side effects or concerns to our office immediately.
- Do not alter dosages without consulting your healthcare provider.

Physical Activity

- Engage in light physical activities as tolerated.
- Avoid strenuous activities or heavy lifting for the next [insert time frame].
- Consider gentle stretching or walking daily to promote mobility.

Follow-Up Appointments

- Your next appointment is scheduled for [insert date].
- Contact our office if you need to reschedule or have any questions before then.

Contact Information

If you experience worsening pain or any new symptoms, please call our office at [insert phone number] or visit the nearest emergency room.

Thank you for trusting us with your care.

Sincerely,

[Your Name]

[Your Title]

[Your Office Name]