

Aftercare Instructions for Reconstructive Surgery

Dear [Patient's Name],

We hope this message finds you well. Following your recent reconstructive surgery, please follow the aftercare instructions below to ensure a smooth recovery:

Wound Care

- Keep the surgical area clean and dry.
- Change the dressing as instructed by your surgeon.
- Contact us if you notice any signs of infection (redness, swelling, or discharge).

Pain Management

- Take prescribed pain medications as directed.
- Use ice packs to reduce swelling for the first 48 hours.

Activity Restrictions

- Avoid strenuous activities, heavy lifting, and bending.
- No swimming or soaking in water until cleared by your surgeon.

Follow-Up Appointment

Please schedule a follow-up appointment within [insert time frame] to monitor your recovery.

If you have any questions or concerns, do not hesitate to contact our office at [insert phone number].

Wishing you a smooth and speedy recovery!

Sincerely,

[Your Name]

[Your Title]

[Your Clinic/Office Name]