

Orthopedic Surgery Recovery Plan

Date: _____

Patient Name: _____

Patient Address: _____

Dear [Patient's Name],

This letter outlines your recovery plan following your recent ankle surgery performed on [surgery date]. It is important to follow the guidelines below to ensure a successful recovery:

Immediate Post-Operative Care:

- Rest: Keep your ankle elevated as much as possible.
- Icing: Apply ice to the affected area for 20 minutes every hour as needed.
- Pain Management: Take prescribed medications as directed.
- Wound Care: Keep the surgical site clean and dry, and follow any specific instructions provided.

Physical Activity Guidelines:

- Weight Bearing: Follow your surgeon's instruction on weight-bearing activities.
- Exercises: Start with gentle range-of-motion exercises after [specific time frame].
- Physical Therapy: Attend all scheduled physical therapy appointments starting on [therapy start date].

Follow-Up Appointments:

Your first follow-up appointment is scheduled for [follow-up date]. Please ensure you attend this appointment for an evaluation of your progress.

When to Seek Medical Attention:

Contact us immediately if you experience:

- Increased pain or swelling
- Fever higher than 101degF
- Drainage or excessive bleeding from the surgical site
- Signs of infection or any other unusual symptoms

Best Wishes for a Smooth Recovery!

Sincerely,
[Surgeon's Name]
[Practice Name]
[Contact Information]