

Orthopedic Surgery Recovery Plan

Patient Name: [Patient's Name]

Procedure Date: [Date of Surgery]

Surgeon's Name: [Surgeon's Name]

Procedure: Wrist Surgery

Recovery Goals

- Reduce pain and swelling
- Improve mobility and strength in the wrist
- Promote healing of the surgical site

Post-Operative Instructions

1. Keep the wrist elevated to reduce swelling.
2. Apply ice packs as needed for the first 48 hours.
3. Follow prescribed medication regimen for pain management.
4. Attend follow-up appointments as scheduled.

Activity Restrictions

1. Avoid lifting heavy objects with the affected hand for at least 6 weeks.
2. Do not engage in any sports or vigorous activities until cleared by the surgeon.
3. Use a splint or brace as recommended.

Rehabilitation Plan

1. Start gentle range-of-motion exercises 1 week post-surgery.
2. Gradually increase activity and strength training under the guidance of a physical therapist.
3. Monitor progress and report any concerns to the surgeon.

Follow-Up Appointments

Date: [Scheduled Follow-Up Date]

Time: [Scheduled Follow-Up Time]

For any questions or concerns, please contact the office at [Office Phone Number].

Thank you for your attention to this recovery plan.