

# Dear [Patient's Name],

As you prepare for your upcoming surgery, we want to ensure you have the best possible recovery experience. Here are some essential tips to keep in mind:

## 1. Follow Post-Op Instructions

Adhere to all guidelines provided by your surgeon, including medication schedules and wound care.

## 2. Manage Pain Effectively

Take prescribed pain medications as directed and discuss any concerns with your healthcare provider.

## 3. Stay Hydrated and Nourished

Maintain a balanced diet and drink plenty of fluids to promote healing.

## 4. Get Plenty of Rest

Allow your body the time it needs to recover. Sleep is crucial for healing.

## 5. Gradually Resume Activities

Listen to your body and only return to regular activities when you're ready. Avoid strenuous activities until cleared by your doctor.

## 6. Seek Support

Have friends or family assist you during your recovery. It's okay to ask for help.

Wishing you a smooth surgery and a speedy recovery!

Sincerely,

[Your Name]

[Your Position]

[Your Contact Information]