

Dear [Loved One's Name],

I hope this message finds you well. I wanted to take a moment to share some important news regarding my health.

On [Date], I will be undergoing a [specify procedure, e.g., surgery, treatment, etc.]. This is a necessary step in managing my health, and I want to keep you informed about the process.

The procedure is expected to take place at [Location/Hospital Name], and should last approximately [duration of the procedure]. I will be under the care of [Doctor's Name] and the medical team, who are highly qualified.

I appreciate your support and concern during this time. I will keep you updated on my recovery and any changes that may occur. Please do not hesitate to reach out if you have any questions or if you would like to talk.

Thank you for being there for me.

With love,

[Your Name]