

# Post-Operative Care Guidelines

Dear [Patient's Name],

We hope this message finds you well. As you recover from your recent surgery, it is important to follow the post-operative care guidelines to ensure a smooth healing process. Please review the following instructions carefully:

## Medication

- Take prescribed medications as directed.
- Manage pain with over-the-counter pain relievers if necessary.
- Avoid taking any unapproved supplements.

## Wound Care

- Keep the surgical area clean and dry.
- Change dressings as instructed or if they become soiled.
- Monitor for signs of infection such as increased redness, swelling, or discharge.

## Activity Restrictions

- Avoid strenuous activities and heavy lifting for at least [X] weeks.
- Walk short distances to promote circulation.
- Gradually resume normal activities per your doctor's guidance.

## Follow-Up Appointment

Please make sure to attend your follow-up appointment on [date] to assess your recovery progress.

## Contact Information

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

Wishing you a speedy recovery!

Sincerely,

[Your Name]

[Your Title]

[Hospital/Clinic Name]