

Post-ENT Examination Care Instructions

Dear [Patient's Name],

Thank you for visiting our ENT clinic. We hope your examination was comfortable and informative. Please follow the care instructions outlined below to ensure a smooth recovery:

Care Instructions:

- **Avoid:** Strenuous activities and heavy lifting for the next 48 hours.
- **Pain Management:** Use over-the-counter pain relievers as needed. Follow dosing instructions on the label.
- **Hygiene:** Maintain cleanliness. Gently clean the outer ear with a soft cloth; avoid inserting anything into the ear canal.
- **Follow-up:** Schedule a follow-up appointment within [X weeks] to discuss results and further care.
- **Contact Us:** If you experience unusual symptoms such as severe pain, bleeding, or fever, please contact our office immediately.

Thank you for trusting us with your healthcare. We wish you a swift recovery!

Sincerely,
[Your Name]
[Your Title]
[Clinic Name]
[Contact Information]