

Post-Operative Care Guidelines

Dear [Patient's Name],

We hope this message finds you well. Following your recent surgery, it is essential to adhere to the following post-operative care guidelines to ensure a smooth recovery:

1. Medications

- Take prescribed medications as directed.
- Manage pain with over-the-counter medications if recommended.
- Notify us if you experience any adverse reactions.

2. Wound Care

- Keep the surgical site clean and dry.
- Change dressings as instructed.
- Watch for signs of infection such as increased redness, swelling, or discharge.

3. Activity Restrictions

- Avoid heavy lifting and strenuous activities for at least [x] weeks.
- Gradually increase mobility as tolerated.
- Follow any specific activity guidelines provided by your surgeon.

4. Follow-Up Appointments

Your follow-up appointment is scheduled for [date]. Please ensure you attend to monitor your recovery progress.

If you have any questions or concerns, do not hesitate to contact our office.

Wishing you a smooth and speedy recovery.

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