

# Post-Operative Care Guidelines

Dear [Patient's Name],

Congratulations on completing your surgery! As you begin your recovery, it's important to follow these post-operative care guidelines to ensure a smooth healing process:

## 1. Pain Management

Take prescribed pain medications as directed. If you experience severe pain, please contact our office.

## 2. Wound Care

Keep the surgical site clean and dry. Change dressings as instructed, and report any signs of infection such as redness or discharge.

## 3. Diet and Hydration

Start with clear liquids and gradually progress to a normal diet as tolerated. Stay hydrated by drinking plenty of fluids.

## 4. Activity Level

Avoid strenuous activities and heavy lifting for [insert duration]. Begin light walking as recommended.

## 5. Follow-up Appointments

Please attend your follow-up appointment on [insert date]. It's crucial for monitoring your recovery.

If you have any questions or concerns, do not hesitate to reach out to our office at [insert contact information].

Wishing you a speedy recovery!

Sincerely,

[Your Name]

[Your Title]

[Your Clinic/Hospital Name]