

# At-Home Care Instructions

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Patient ID: [Insert Patient ID]

**Dear [Patient Name],**

We hope you are recovering well after your recent hospital stay. This letter provides important information and instructions for your at-home care to ensure a smooth recovery.

## Medications

- Take medication as prescribed by your physician.
- Contact your healthcare provider immediately if you experience any side effects.

## Diet

Follow a balanced diet rich in:

- Fruits and vegetables
- Lean proteins
- Whole grains
- Stay hydrated by drinking plenty of water.

## Activity

Gradually return to your normal activities as advised:

- Start with short walks and increase gradually.
- Avoid heavy lifting or strenuous exercises until cleared by your doctor.

## Monitoring Your Health

Please watch for the following symptoms:

- Increased pain or swelling
- Fever over 101degF (38.3degC)
- Shortness of breath

## Follow-up Appointment

Please remember to schedule your follow-up appointment on [Insert Date]. Call [Insert Phone Number] for assistance.

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

**Wishing you a speedy recovery!**

Sincerely,

[Your Name]

[Your Title]

[Hospital/Practice Name]