

Post-Hospitalization Follow-Up Care Instructions

Date: _____

Patient Name: _____

Patient ID: _____

Dear [Patient's Name],

We are glad to hear that you have been discharged from the hospital. To ensure a smooth recovery, please follow the instructions below:

Medications

- Continue to take your prescribed medications as directed.
- Do not stop or change any medications without consulting your doctor.
- If you experience any side effects, please contact our office immediately.

Follow-Up Appointments

- Your next appointment is scheduled for: _____
- Please call us if you need to reschedule.

Diet and Nutrition

- Follow the diet plan provided by your healthcare team.
- Stay hydrated and eat a balanced diet to aid your recovery.

Activity and Rest

- Rest is crucial; ensure you are getting enough sleep.
- Gradually increase your activities as tolerated.
- Avoid heavy lifting and strenuous exercise for at least [insert time frame].

Contact Information

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

Phone: _____

Email: _____

Thank you for your attention to these instructions. We wish you a smooth and speedy recovery!

Sincerely,

[Your Name]

[Your Title]

[Hospital/Clinic Name]

[Contact Information]