

Essential Recovery Guidelines for Orthopedic Surgery

Date: _____

Patient Name: _____

Procedure: _____

Surgeon: _____

Dear [Patient's Name],

Congratulations on your recent orthopedic surgery! To ensure a smooth recovery process, please adhere to the following essential guidelines:

1. Pain Management

- Follow the prescribed pain management plan closely.
- Use ice packs on the surgical area to reduce swelling.
- Notify your healthcare provider if pain escalates.

2. Medication

- Take medications as directed, and do not skip doses.
- Keep track of any side effects and communicate with your doctor.

3. Physical Activity

- Follow your physical therapist's instructions on mobility.
- Avoid high-impact activities until cleared by your doctor.

4. Wound Care

- Keep the surgical site clean and dry.
- Change dressings as instructed and watch for signs of infection.

5. Follow-Up Appointments

- Attend all scheduled follow-up appointments.
- Bring a list of any questions or concerns you may have.

If you have any questions regarding your recovery, please don't hesitate to contact our office at [Office Phone Number]. We wish you a smooth and speedy recovery!

Sincerely,

[Surgeon's Name]

[Surgeon's Title]

[Clinic/Hospital Name]

[Contact Information]