

Postoperative Care Tips

Dear [Patient's Name],

We hope this letter finds you in recovery following your recent orthopedic surgery. To ensure a smooth recovery, please follow the guidelines below:

1. Pain Management

Take your prescribed pain medication as directed. Do not exceed the recommended dosage.

2. Activity Restrictions

Avoid weight-bearing activities and follow your surgeon's advice on mobility. Use crutches or a walker if instructed.

3. Wound Care

Keep the surgical site clean and dry. Follow instructions regarding dressing changes.

4. Physical Therapy

Engage in physical therapy as advised, starting with gentle exercises to enhance mobility.

5. Follow-Up Appointment

Don't forget your follow-up appointment on [Date]. Please contact us if you experience any unusual symptoms.

Wishing you a speedy recovery!

Sincerely,

[Your Name]

[Your Title]

[Clinic/Hospital Name]