

[Date]

[Patient Name]

[Patient Address]

[City, State, Zip Code]

Dear [Patient Name],

I am writing to check on your progress now that you are one week into your recovery following your [Procedure Name] on [Date of Surgery].

The first week is often the most challenging, and we want to ensure you are healing as expected. Please take a moment to review the following reminders:

- **Medications:** Continue taking your prescribed medications exactly as directed.
- **Incision Care:** Keep the surgical site clean and dry. Watch for any increased redness, warmth, or unusual drainage.
- **Activity:** Stick to the activity restrictions we discussed. Avoid any heavy lifting or strenuous exercise until cleared.

If you are experiencing a fever over 101F, uncontrolled pain, or sudden shortness of breath, please contact our office immediately at [Phone Number] or seek emergency care.

We have your follow-up appointment scheduled for [Date] at [Time]. We look forward to seeing you then to evaluate your healing process.

Wishing you a continued smooth recovery.

Sincerely,

[Doctor/Provider Name]

[Practice Name]