

[Date]

[Patient Name]

[Patient Address]

[City, State, Zip Code]

Dear [Patient Name],

Congratulations on reaching your one-month recovery milestone following your [Name of Procedure] on [Date of Surgery].

The first four weeks are often the most challenging, and reaching this point is a significant step toward your full health. At this stage, it is normal to see a decrease in surgical swelling and an increase in your energy levels and mobility.

As you continue to heal, please remember to:

- Follow the specific activity restrictions previously discussed.
- Attend all scheduled physical therapy or follow-up appointments.
- Monitor your incision sites for any changes.
- Maintain a balanced diet and stay hydrated to support tissue repair.

We are very pleased with your progress so far. If you have any questions regarding your recovery plan or if you experience any unexpected symptoms, please contact our office at [Phone Number].

Keep up the great work with your recovery.

Sincerely,

[Doctor/Surgeon Name]

[Practice/Hospital Name]