

[Date]

[Patient Name]

[Patient Address]

[City, State, Zip Code]

Dear [Patient Name],

I am writing to follow up on your recent asthma exacerbation that occurred on [Date of Episode]. I hope you are feeling better and that your symptoms are currently under control.

Following a flare-up, it is important to review your Asthma Action Plan to ensure it remains effective and to prevent future emergencies. Please find your updated Asthma Action Plan enclosed with this letter.

Key reminders for your recovery:

- **Daily Controller Medication:** Continue taking [Medication Name] every day, even if you feel well.
- **Rescue Inhaler:** Use [Medication Name] only as directed for quick relief of shortness of breath or wheezing.
- **Peak Flow Monitoring:** If instructed, please track your readings and note any shifts into the "Yellow Zone."
- **Trigger Avoidance:** Continue to stay away from known triggers such as [Specific Triggers].

We would like to schedule a brief follow-up appointment in [Number] weeks to check your lung function and review your inhaler technique. Please call our office at [Phone Number] to coordinate a time.

If you experience worsening shortness of breath, a cough that prevents sleep, or if your rescue inhaler does not provide relief for at least four hours, please contact us immediately or seek emergency care.

Sincerely,

[Doctor Name/Signature]

[Clinic/Practice Name]