

[Your Name]  
[Your Address]  
[City, State, Zip Code]  
[Email Address]  
[Phone Number]  
[Date]  
[Recipient Name]  
[Recipient's Title/Position]  
[Clinic/Hospital Name]  
[Clinic/Hospital Address]  
[City, State, Zip Code]

Dear [Recipient Name],

I hope this letter finds you well. I am writing to follow up on my recent IUD removal that took place on [date of removal].

I wanted to express my gratitude for the care and attention provided during the procedure. Everything went as expected, and I appreciate the thoroughness with which my questions and concerns were addressed.

Since the removal, I have noticed [brief description of any symptoms or changes, if applicable]. I would like to confirm whether this is typical and if there are any specific aftercare instructions I should follow.

Additionally, I would like to schedule a follow-up appointment to discuss [any other concerns or future contraception options]. Please let me know your availability in the coming weeks.

Thank you once again for your support. I look forward to hearing from you soon.

Sincerely,  
[Your Name]