

[Your Clinic's Letterhead]

[Date]

[Patient's Name]

[Patient's Address]

[City, State, Zip Code]

Dear [Patient's Name],

Congratulations on your recent rhinoplasty! To help ensure a smooth recovery, please follow these aftercare instructions carefully:

1. ****Rest and Recovery****

- Take plenty of time to rest. Avoid strenuous activities for at least [specific time frame].

2. ****Medications****

- Take prescribed pain medications as directed. Over-the-counter pain relievers may be used if recommended.

3. ****Wound Care****

- Keep the surgical area clean and dry. Follow the specific cleaning instructions provided by your surgeon.

4. ****Cold Compress****

- Use cold compresses on your face, avoiding direct contact with the surgical site, to reduce swelling.

5. ****Avoid Certain Activities****

- Do not blow your nose, wear glasses, or engage in activities that could impact your nose during the initial healing phase.

6. ****Follow-up Appointments****

- Please ensure you attend all scheduled follow-up appointments for proper evaluation and care.

If you have any questions or concerns during your recovery, do not hesitate to contact our office at [clinic's phone number].

Wishing you a smooth and speedy recovery!

Sincerely,

[Your Name]

[Your Title]

[Your Clinic's Name]

[Contact Information]