

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]

[Recipient Name]
[Recipient Address]
[City, State, Zip Code]

Dear [Recipient Name],

Subject: Rhinoplasty Healing Progress Update

I hope this letter finds you well. I wanted to take a moment to provide an update on my healing progress following my recent rhinoplasty surgery on [Surgery Date].

****Week 1: Post-Operative Days 1-7****

- Initial swelling and bruising were present, but I followed the care instructions provided.

- Minimal pain, manageable with prescribed medication.

****Week 2: Post-Operative Days 8-14****

- Swelling began to reduce significantly around the nose and eyes.

- Stitches were removed on [Date of Stitches Removal].

- Feeling more comfortable; returning to normal activities gradually.

****Week 3: Post-Operative Days 15-21****

- Continued improvement in swelling; most bruising has faded.

- Nose feels less congested, and some initial sensitivity has diminished.

****Week 4: Post-Operative Days 22-30****

- Resuming physical activities; increasing energy levels.

- Noticing subtle changes in nasal shape as swelling continues to diminish.

Overall, I am pleased with my progress and grateful for the care I received during my recovery. I will continue to monitor my healing and look forward to my follow-up appointment on [Next Appointment Date].

Thank you for your support during this journey.

Sincerely,

[Your Name]