



Patient and Family Education at Discharge – Ear Surgery

(By Physician and Nurse)

Unit No: شماره پرونده:

Attending Physician: پزشک معالج:	Ward: بخش	Name: نام:	Family Name: نام خانوادگی:
Date Of Admission: تاریخ پذیرش:	Room: اتاق:	Date Of Birth: تاریخ تولد:	Father Name: نام پدر:
	Bed: تخت:		

Final Diagnosis: Discharge Date : Ward Phone:

Tracking code for prescribed medications and laboratory tests :

Condition at Discharge : Recovered ☐ Partial recovery ☐ Discharge against medical advice ☐

Follow-up ☐ Other ☐

Dear patient; Please read the contents of this form carefully, and do not forget to prepare the prescribed medications or perform the requested tests.

Drug name	Time (hour)	Daily frequency	Drug name Correct use method	Drug instruction
			Fasting ☐ Before meal ☐ With meal ☐ After meal ☐ At bedtime ☐ With plenty of water ☐	
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Diet after discharge: Regular diet, but try to use more liquids and soft foods.				Diet
Dietary restrictions: Do not eat very hard and solid foods.				
Other:				Activity and Rest
Avoid heavy activity, lifting heavy objects, straining, nose blowing, prostrating, and air travel until you see your doctor, after that follow the doctor's orders.				
Other:				Bathing
Keep the surgical area clean and avoid washing your hair or wetting the dressing until you see your doctor. When bathing, do not get the surgical site wet. To prevent water from entering the ear, use cotton moistened with medical Vaseline or the ointment prescribed by your doctor.				
Keep your head elevated and do not sleep on the operated ear.				Wound, Surgical Site
To have stitches removed (if non-absorbable), return to the ENT clinic after one week.				

If fever, severe pain, excessive ear discharge, numbness or facial deviation occurs, be sure to see a doctor. Other:	Warning Signs
Time and place to see doctor: Return to the clinic at the scheduled time for dressing and stitch removal. For appointment information: Call 05132595516. Note that appointments are given in person on the day the specialist is present, before 7:00 AM.	Post-Discharge Follow-up
After surgery, you may feel ear heaviness, earlobe numbness, shooting pains, a feeling of water or fluid in the ear, or pulsation in the ear. These are temporary and will resolve gradually. Mild dizziness is normal and decreases within two weeks. Sneeze and cough with your mouth open. One week after surgery, children can return to school and adults to work	Other Educational Items

Dear patient:

After reading this form, write down any questions and ask your nurse before leaving the hospital.

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2-

3-

× If a pathology (biopsy) sample was sent during your hospital stay, the answer code and tracking ID for pathology tests will be written on your discharge summary. You can receive your test result by visiting the online results system at the address below: ----- and then show it to your doctor. If needed, you may also receive the result in person by going to the pathology laboratory or to the ward where you were admitted.

× To access educational materials related to your illness, scan the barcode to enter the patient education website of 22 Bahman Hospital.

22 Bahman Hospital Patient Education Website Address:

: <https://22bahman-hospital.com/en/patient-education-ipd/>

× If you have any questions about your illness, you may contact the Health Education Nursing Clinics every day (except holidays) from 7:30 AM to 1:00 PM. Nursing Clinic Phone: 05132595516 ext. 309. If you need to ask questions outside the mentioned hours, please contact the ward where you were admitted

Patient/Family signature or

Physician signature & stamp
fingerprint

Nurse signature & stamp