



Patient and Family Education at Discharge – Mammoplasty

(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 ☐	
			Fasting ☐ Before meal ☐ With meal ☐ After meal ☐ At bedtime ☐ With plenty of water ☐	
			Fasting ☐ Before meal ☐ With meal ☐ After meal ☐ At bedtime ☐ With plenty of water ☐	
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			Fasting ☐ Before meal ☐ With meal ☐ After meal ☐ At bedtime ☐ With plenty of water ☐	
If surgery was performed, your diet is regular. Eat foods such as meat, fish, eggs, honey, and dairy products. To prevent fever, headache, weakness, and lethargy, drink plenty of fluids including fresh fruit juices and herbal tea. Other:				Diet
Start walking to speed up recovery. Other:				Activity and Rest
Bathing is possible 2 days after surgery, keeping the wound dry.				Bathing
Pineapple helps wound healing. Smoking and alcohol consumption are harmful for you for up to one month.				Wound, Surgical Site, and Affected

Other:.....	Warning Signs
Time and place to see doctor: 12 days after surgery for stitch removal, go to the doctor's office. For appointment information: Call 41443. Note that appointments are given in person on the day the specialist is present, before 7:00 AM.	Post-Discharge Follow-up
	Other Educational

Dear patient:

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

1-

2-

3-

× If a pathology sample was sent during admission, your discharge summary contains an answer code and tracking ID. Receive results online at <http://217.219.80.162:8070/> or in person.

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

Patient education website:

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

× For questions: Call Nursing Clinics daily (except holidays) 7:30 AM – 1:00 PM, Tel: 41443 ext. 1177. Outside these hours, contact your ward.

Nurse signature & stamp
fingerprint

Physician signature & stamp

Patient/Family signature or