



Patient and Family Education Form at Discharge- Septoplasty & Rhinoplasty

(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: Eat soft foods such as soup, rice pudding, soft rice with stew sauce. Dietary restrictions: Avoid spicy, very hot, highly seasoned, and salty foods for one month.				Diet
Other:				
Rest relatively for two days, then gradually increase your activity.				Activity and Rest
Other:				
Avoid wetting the dressing and nasal splint. When bathing, wash your hair from behind and your body from the neck down				Bathing
Avoid nose blowing for 3 weeks after surgery. Wash nostrils and nasal septum with saline solution for 3 days, keeping the dressing and tape dry. When sneezing, try to sneeze with your mouth open. Bloody discharge within 48-72 hours after surgery is normal				Wound, Surgical Site

If obvious bleeding occurs during or after this period, first sit down and place an ice pack on both sides of the neck for 15 minutes. If bleeding does not stop, go to the hospital immediately. If fever, bleeding, or heavy nasal discharge occurs, be sure to see a doctor Other:	Warning Signs
Time and place to see doctor: One week later to remove the splint and stitches (if non-absorbable), see your attending physician at the ENT clinic. 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
For 3 days during sleep and rest, place two pillows under your head. Avoid strenuous activity for 6 weeks such as lifting heavy objects, bending, heavy exercise, and nose blowing.	Other Educational Items
Dear patient: After reading this form, write down any questions and ask your nurse before leaving the hospital. 1- 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/ × f 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 Nurse signature & stamp fingerprint Physician signature & stamp Patient/Family signature or	