



Patient and Family Education at Discharge – Thyroidectomy & Parathyroidectomy

Unit No: شماره پرونده:

(By Physician and Nurse)

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: Follow a soft diet on the first day, then resume your regular diet. Dietary restrictions: No dietary restrictions unless you have a specific condition such as diabetes or high blood pressure, then follow the diet for that condition. Other:				Diet
Avoid heavy activity and lifting heavy objects until your next doctor's appointment. Other:				Activity and Rest
Bathing is allowed after 2 days. Before that, wash your body from the neck down only.				Bathing
Dressing should be removed 48 hours after discharge. Tingling sensation around the surgical incision is not concerning and will improve over time. If your stitches are non-absorbable, return to the ENT clinic after one week for removal. If discharged with a drain, take care not to pull it and keep it below body level. If discharged with a drain, return to the ENT ward tomorrow morning for drain removal.				Wound, Surgical Site, and Affected Organ

If swelling at the surgical site, shortness of breath, muscle cramps at the surgical site, or seizures occur, see a doctor immediately. Due to possible calcium drop following thyroid or parathyroid surgery, symptoms such as tingling in fingertips and around the lips may occur. It is recommended to see a doctor if this happens. Other:.....	Warning Signs
Time and place to see doctor: One week after discharge, return to the ENT clinic with your pathology report. 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
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/ × 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	