



Patient and Family Education Form at Discharge (Tonsillectomy)

(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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			Fasting ☐ Before meal ☐ With meal ☐ After meal ☐ At bedtime ☐ With plenty of water ☐	
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Diet after discharge Allowed: Cold fluids (ice cream, natural juices, rice pudding, broth, chicken soup) for up to 7 days after surgery. Soft foods (soup, rice milk, soft rice with stew sauce) recommended. Restrictions: Avoid hard foods, spicy foods, very hot/very cold foods, chips, cheese puffs, popcorn, biscuits, nuts, acidic foods (orange juice, tomato) for 2 weeks after surgery. Other:				Diet
Avoid strenuous physical activity and shouting for at least 2 weeks after surgery. Other:				Activity and Rest
Short baths are allowed. Water should not be very hot or very cold.				Bathing
Ear pain for up to one week after surgery is normal. A white or yellow layer on the tonsil bed or bad breath is normal.				Wound, Surgical Site

If bleeding from the back of the throat occurs, go to the ER immediately. If frequent swallowing, palpitations, or pallor occurs, see a doctor immediately. Other:	Warning Signs
Time and place to see doctor: Return to ENT clinic one week after surgery. For appointment information: Call 05132595516. Appointments are given in person on the day the specialist is present, before 7:00 AM.	Post-Discharge Follow-up
Avoid smoking, throat clearing, and frequent coughing for 2 days after surgery. Brush teeth gently, avoiding the back of the throat. For children, parents should brush or skip brushing for the first few days. Stool may be black (due to swallowed blood) or patient may vomit dark brown material.	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	