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## **HELPFUL HINTS FOR NAUSEA**

### **NAUSEA:**

Nausea is a very common side effect people experience after surgery. It is caused in part by the anesthesia, but mostly from the pain medication taken after surgery.

### **ADVICE:**

Try to take the pain medication as prescribed. For example, if it says to take one to two pills every 4-6 hours, you might want to take just one pill instead of two. Basically, keep in mind less is best. If you do not need something strong to decrease the discomfort you may want to try taking Tylenol, as directed.

### **ACTION:**

Dr. White will prescribe a rectal suppository that you can use, as directed, to help decrease the nausea sensation. A rectal suppository starts to take effect within ½ hour, and can last for 4-8 hours, depending on the severity of the nausea.

### **APPETITE:**

You may not feel like eating for the first couple of days, this is normal. This is not harmful and your normal appetite will return. We suggest you try and keep something light in your stomach. You don't have to force yourself to eat meals. Some light snacks to try are soup, crackers, toast, oatmeal, rice, ginger ale or 7UP. Also, Gatorade is a really good drink to help with replenishing your hydration needs. If you are still having problems with nausea after these helpful hints, we may need to switch your pain medication, or stop it all together and just take Tylenol.