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Tricks to Help Reduce Nausea and

- ❖ Control your pain. Don't skip your pain medication because you are feeling nauseated. Pain control can help decrease nausea and vomiting after surgery.
- ❖ Don't rush your diet. A slow return to normal foods is an ideal way to minimize nausea. Start with clear liquids and soft foods such as dry toast, clear soup, crackers, and cooked cereal.
- ❖ Drink plenty of fluid. Choose water and other caffeine-free fluids. "Flat"

