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**AFTER CARE**  
**ABDOMINAL SPINE EXPOSURE**

I. **CALL YOUR SURGEON FOR THE FOLLOWING:**

- (1) Sustained fever >100 degrees
- (2) Significant or prolonged bleeding

II. **COMMON SIDE EFFECTS OF PAIN MEDICATIONS INCLUDE:**

- (1) Nausea – Be sure to take medication with some food or drinks.
- (2) Constipation –See bowel regimen below
- (3) Light-headedness
- (4) Do not drive while taking narcotic pain medication

If these symptoms occur after taking medications, discontinue use.  
May take over the counter pain medications or laxative of choice.

III. **BOWEL REGIMEN TO AVOID CONSTIPATION:**

- (1) Colace 100mg to keep stools soft. Reduce for watery or loose stools. Stop after one week or after stopping pain medications.
- (2) Milk of Magnesia. You should have 1 bowel movement daily. If not, then take Milk of Magnesia the next morning. Drink Plenty of water. Recommend drinking eight 8oz glasses of water daily.
- (3) Fiber supplements. Take prescribed amount of fiber in double water.