

## The Benefits of Using Hypnosis for Surgery and Medical Procedures

Many people approach surgery and other medical procedures with fear and apprehension. These emotions can make a person feel out of control and often make the dreaded event seem much worse than it actually is. As the person becomes more anxious, the body responds by producing stress hormones that put the person in a state of emergency response which can often impact the individual's mental, emotional and physical ability to tolerate the procedure or have the most positive outcome.

There is an extensive body of clinical research that indicates that by taking measures to reduce anxiety patients can experience much more positive outcomes to surgery and other medical procedures. Many of these studies show that hypnosis is one such measure that can be taken to improve medical procedure experiences for many patients. Hypnosis is a wonderful tool for helping patients address their fears and anxiety about having medical procedures. Patients can easily learn the techniques of Self-hypnosis and visualization to relax and control their stress which can help them have a safer, less complicated procedure as well as a swifter and more complete recovery. By helping the subconscious mind come to expect better outcomes, hypnosis can be used to help reduce many of the side-effects that people have come to expect. For example, surgery patients do not necessarily have to become nauseated and vomit from their medications and anesthesia.

Hypnosis can also help patients relax muscle tension, and relaxation often makes pain more manageable. It has also been noted that when patients feel more in control, they are much more likely to comply with physician's orders for medications and follow-up care. Less anxious patients may also be more compliant with doctor's orders for therapy and the need for mobility following surgery, (or other procedures) - all of which can lead to a faster recovery and less time spent in the hospital. Less hospital time is a very positive outcome for the patient!

Children are especially prone to fear and anxiety about surgery (or any hospital experience) because they don't understand much of what they hear and don't know what questions to ask to allay their fears. It is important for adults to ask a child what concerns him/her about being in the hospital or having a medical procedure done. Adults should address these issues honestly and ask for help with those questions they can't answer.

Most children are very afraid of needles and of being hurt. They also fear being alone and out of control in an environment that is alien to them. Many times they are afraid they will not wake up from the anesthesia when they are told they are going to be "put to sleep". Older children may also fear being disfigured from the surgery and resent "different" from their peers due to their condition. Hypnosis is especially effective in helping children with their fears about medical procedures and in creating suggestions for healthy outcomes. Children are excellent subjects for hypnosis and even young children can be taught to use Self-hypnosis for decreasing anxiety, fears and pain.

Healthy Changes Hypnosis is committed to joining with healthcare professionals in assisting clients in having a safe, comfortable and stress-free medical procedure and a rapid, uneventful recovery. We are staffed with Advanced Certified Clinical Hypnotists who can assist you or your child by addressing your fears and concerns prior to your surgery or other medical procedure. By teaching you to do Self-hypnosis, we can help you alleviate fear, anxiety and reduce stress. During your hypnosis session we will suggest to your subconscious mind that your outcomes will be positive and your recovery swift and uneventful. It is well known that positive expectations often produce positive outcomes! Following your session we will provide you with a CD to listen to at home to help you relax and reduce stress prior to your hospitalization or out-patient procedure and to reinforce the suggestions that were made during hypnosis.

Hypnosis is used to complement, not replace, your medical treatment and we encourage you to discuss your concerns about your medical procedure with your treatment team prior to the procedure. It is very important that you be informed and trust your medical team and all the healthcare providers involved in your treatment and recovery.

If you are interested in learning Self-hypnosis to help you or your child with anxiety or fears concerning a medical procedure, please contact our office for a free consultation to discuss your concerns. Following this consultation, you will need to ask your physician for a referral or approval for hypnosis for your medical procedure or surgery and we will then schedule your hypnosis appointment (s). Most people find it most helpful to schedule their appointment(s) a week to two weeks prior to the procedure, but a single session of hypnosis right before the procedure can still be very helpful. The hypnotists at Healthy Changes Hypnosis welcome your questions and concerns and look forward to working with you or your child. We think you will find learning Self-hypnosis to reduce anxiety and fears will help you have a much more positive and pleasant outcome to your medical procedure.

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