

# Tips for Preparing for Surgery and Other Medical Procedures

COMMUNICATE WITH YOUR BODY, particularly the night before surgery/procedure. Explain to your body what the surgery/procedure will entail, and that this procedure will help repair you and improve your health. If having surgery, suggest to your body that the blood leave the site of surgery (if appropriate to your procedure); and suggest to your body that you will heal rapidly. Visualize the surgery/procedure going well, and imagine your recovery time as short and your healing complete. See, sense, and imagine yourself fully recovered and happy after the surgery/procedure.

Unless otherwise prescribed, one week prior to surgery stop taking vitamin E, as it could cause blood thinning.

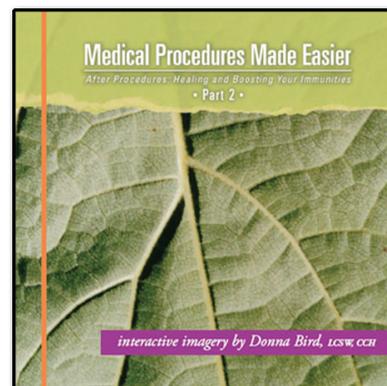
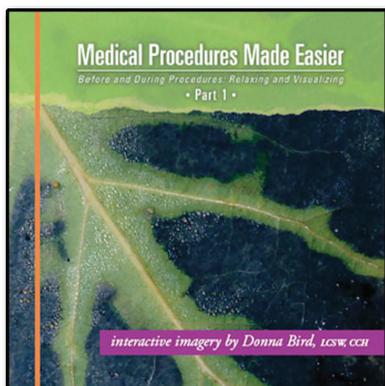
Have a nurse put a reminder into the doctor's orders to play **"Support During Medical Procedures"** (CD 1, track #2) continuously during surgery/procedure. **Use headphones with CD player or iPod for listening to these CDs**, if possible. Additional instructions are as follows:

- 1) Play **"Relax Before Medical Procedures"** (CD 1, track #1) at home before the procedure; or while riding to the procedure; or while waiting in the hospital or health care office.

**"Support During Surgery & Medical Procedures"** (CD 1, track #2) should be played *during* the surgery/procedure. Ask permission from your health care professional ahead of time. Also ask ahead of time if the nurse or health care assistant will replay this repeatedly until your surgery/procedure is completed. Ask the surgeon or

health care professional and/or anesthesiologist to repeat positive messages to you during your surgery/procedure. The simplest thing to ask them for is to keep saying, "You are doing well, and everything is progressing fine with your procedure."

- 2) **"Heal Quickly from Medical Procedures and Illness"** (CD 2, track #1) should be played *in the recovery room and at home* to speed your healing process. **"Boosting Your Immune System"** (CD 2, track #2) can be played any time after your surgery/procedure is completed.
- 3) Ask your family and friends to visualize your procedure going well. Ask them to imagine wrapping you in a soft cocoon of love and healing light at the same time of day that your procedure is scheduled to take place. Then arrange visits and calls from those who will nurture and love you.
- 4) Continually imagine sending loving energy to each part of your body, telling your body how much you love and appreciate it.
- 5) Ask your doctor if you can have a massage therapist or other body work professional to come in after your procedure to help you relax and promote healing.
- 6) Whenever you can, practice the stress-management deep-breathing techniques described in CD 1, track #1, or any time you feel tense or stressful in your life. ♥



  
*Donna Bird, lcsw, cch*  
Holistic Therapeutic Approaches to Change