

Getting Mentally Prepared for Surgery

It is important to prepare yourself mentally and emotionally for your surgery. As your surgery date approaches, you may feel anxious, overwhelmed or scared. If you are very anxious before your surgery, it may affect your recovery after surgery and lead to slower wound healing, increased pain, a longer hospital stay and a decreased ability to function.

Studies show that using guided imagery techniques to reduce your anxiety before surgery may improve your outcomes after surgery. This includes:

- An improved quality of life
- Less pain
- A quicker return to your normal activities

Guided imagery

Guided imagery is a safe, convenient and simple meditation technique. It aims to reduce the physical and emotional effects of anxiety. It involves all of your senses as you imagine a relaxing scene or series of experiences. Audio recordings guide you in creating these positive mental images, which influence how you feel and help you relax.

Guided imagery may help reduce your anxiety as you wait for your surgery date. It may also help reduce your pain and ease your anxiety if you have ongoing health issues.

How to access the audio recordings

Guided imagery audio recordings are available on specific topics including:

- Preparing for surgery
- Easing pain
- Promoting general wellness and better sleep
- Smoking cessation

Go to healthjourneys.com/northwestern to access each audio recording. Listen as often as you would like before and after surgery to get the most benefits.

If you have any questions, please ask a member of your healthcare team.