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Hypnotherapy Can Slide You Through Surgery

Nicholas Pollak / January 11, 2010 /

[OP-ED \(http://www.thefrontpageonline.com/category/op-ed\)](http://www.thefrontpageonline.com/category/op-ed)

Not long ago, I noticed two lumps in my lower abdomen. I chose not to do anything for a couple of weeks.

While deciding what to do, I went through a multitude of concerned thoughts as most people would.

Is it cancer?

A hernia?

I was reluctant to do anything. I was scared by what the doctor would say.

The lumps grew. I went to an Internet resource to look up the symptoms. It turned out — so I thought from my research —that I had a double inguinal hernia. I was pretty darned

I made an appointment with a surgeon, and he confirmed that I did indeed have a double inguinal hernia, requiring surgery as soon as possible. A date was set, and all I had to do was wait for the appointment.

Again, I went through the range of emotions we all do when surgery is necessary.

I soon realized these emotions were making me depressed and worried as to what might be found, and what would happen if the surgery revealed more than was anticipated.

The surgeon and I had discussed the pros and cons of the two types of surgery available, a laparoscopy with a general anesthetic and external surgery under a sedative and local anesthetic.

We opted for the local anesthetic, which the surgeon said would be the lesser of the two “evils,” offering less risk and a faster recovery time.

At that point I turned to my hypnotherapeutic skills. I stopped thinking of all the possible negatives and began to strongly visualize the positives. I created a mental checklist of positivity and focused on that.

I began to visualize that I would arrive at the hospital in a cheerful, positive, confident mood. The check-in, and pre-op checks would be quick and yield positive results. I refused to allow myself to dwell on negatives that could associate with this kind of surgery.

Preparing in My Head

I visualized myself having a normal to slightly low blood pressure level and a relaxed heart rate of 60 to 65 beats a minute. I visualized the quality care I would receive, and, most importantly, the successful outcome of the surgery with a fast and complication-free recovery.

I felt great about the surgery.

I focused strongly on the successful outcome. I spent the 10 days between diagnosis and the actual surgery no longer worrying.

When the day of the surgery arrived, just as I had visualized, the check-in and the pre-op went exactly as I had seen. The nursing staff was excellent. When I told the anesthesiologist I was a hypnotherapist, he asked if I could assist him with his insomnia.

I told him why and how insomnia occurs and what he could do to set about resolving his issue.

He adopted some of the ideas, and now he is sleeping through the night.

To cut a long story short, the surgery was completed within an hour and a half. I awoke in the recovery room with no pain — the local anesthetic was still in effect.

The Legs Took Awhile

I set about a mental check of my body. Everything was still there, the lumps had gone and the incisions were well dressed and ready to heal.

But when I tried to move my legs, I could not do so because of the anesthetic. I was not worried. I simply had to wait for the anesthetic to wear off.

I maintained my positive attitude toward my recovery. Some nurses, noticing my positive attitude, asked more than once what I was taking, that I should bottle it and make a fortune. I said it was simply the amazing power of hypnotic visualization.

I returned home about 9 hours later. Immediately, one of my dogs jumped directly onto the fresh surgery incisions, leaving my entire body sweating and nauseous from the unexpected pain he had inflicted on me. I went to bed later and slept through the night.

By morning, the pain was so bad that I took two of the “Percocet” pain meds that had been prescribed for the post-operative pain. I was able to get out of bed within an hour and started walking. The pain meds of course tired me out quickly, but I had made a major start toward my visualized speedy recovery.

I took to heart a conversation that I had with one of the post-operative nurses. She asked if I wanted some pain meds. I declined. She looked a shocked. I told again her I was a hypnotherapist and I could manage my pain levels using hypnosis. She surprised me by saying, "Hypnosis is terrific to help people to deal with all kinds of chronic pain. But it is okay to have some medication immediately following a major surgery like this."

I still declined. I waited until the following day before I took any pain meds.

The surgery took place on a Monday. By Wednesday night, I was off pain medication and using hypnosis was tolerating the rapidly reducing pain levels very well.

Although I am still recovering, I am recovering in a mentally relaxed way with a strong image of my complete recovery, which, I might add is progressing much faster than the surgeon had anticipated.

I can absolutely tell you that Hypnotherapy works. Without it, my recovery would have been more painful and slower.

Hypnotherapy not only helps with pre- operative and post-operative situations, it eases concerns, stress, pain, lowers blood pressure, reduces blood loss and reduces your heart rate.

If you are about to have surgery, let me encourage you with the following:

Think positively about the reasons for, and the beneficial outcome of, the surgery.

Think about the positive differences the surgery will have for your life.

Visualize all aspects of your surgery with a successful outcome.

Use learned techniques from a hypnotherapist to help you to visualize yourself with a steady and normal blood pressure.

Visualize a constant, relaxed heart rate.

Visualize strongly minimal blood loss. (With a relaxed metabolism, you will bleed less.)

Avoid watching or reading the news or any other “negative” programming or information.

Try, where possible, to watch or to read comedy, romance or other shows, books or magazines that have a positive message.

Make every attempt to put yourself back into your usual life rhythm as quickly as possible, with caution so as to not over exert your self.

Set small goals each day. Do a little more each day until, without realizing it, you are fully recovered and back to your work and social life.

A clinical hypnotherapist, handwriting analyst and expert master hypnotist, Nicholas Pollak may be contacted at [***nickpollak@hypnotherapy4you.net***](mailto:nickpollak@hypnotherapy4you.net) ([***\(mailto:nickpollak@hypnotherapy4you.net\)***](mailto:nickpollak@hypnotherapy4you.net))



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The multiple award-winning Echo Theater Company, n

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A secret cache of letters brings together a former

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