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The Power of Positive Thinking when surgery Looms

Nicholas Pollak / October 11, 2011 /

OP-ED (<http://www.thefrontpageonline.com/category/op-ed>)

Twenty years ago, when I bent down to pick up my 2-year-old daughter, so I felt a huge pain in my lower back, fell to the floor and ended up in the ER.

I was immediately admitted with a severely ruptured disc. I underwent a laminectomy (removal of the burst disc tissue), and thanks to my hypno-therapeutic skills plus a good surgeon, I made a quick, complete recovery.

If I regained 80 percent of feeling and strength in my left leg, I should consider myself lucky, I was told. I regained more than 95 percent. It wasn't through luck, but hard work, positive visualization and sheer determination.

The surgery would last 10 years if I were careful, they told me.

I Had a Different Solution

As you know, I am a clinical hypnotherapist, and I was not to be put off by other's statements. I rode horses, Harleys, walked a lot and maintained my active lifestyle, refusing to accept limitations. This attitude has served me well for 20 years.

Recently, however, I noticed a decline in my leg strength and a pain increase in the area that had been operated on. I rarely have used medication for pain because I relied on hypnotherapy techniques.

While a surgeon I went to see was amazed by my ability to deal with pain, he strongly suggested a fusion to relieve my pain is. I agreed, and the surgery was performed.

I went online to find out as much as I could about the proposed procedure, watched videos and mentally prepared myself for what was to come. I maintained a positive attitude about the outcome and understood that any discomfort would be temporary. I remembered that every day I would be feeling better. My life was going to improve. As a clinical hypnotherapist, I focused on the positive.

Taking Charge

On the day of the surgery, I was admitted to the pre-op area where, through positive visualization, I maintained a steady, relaxed heart rate and blood pressure.

I awoke two hours later in some pain, but not as much as I had been led to believe. The nurse told me to relax, to take as much pain medication as I needed. Don't be a hero and tough out the pain, he said.

I was checked regularly and continually asked about my pain level. I maintained at a 4 on a scale of 10.

I never have liked to use drugs to control pain. Self-hypnosis is my medication. At midnight the nurse seemed surprised I only had used the pain medicine button three times. I thought the medication was to be taken every 4 hours. She was incredulous. It was meant to be taken every 10 minutes.

The ability of the subconscious to deal with these kinds of issues. If you maintain the frame of mind that the pain is unbearable and unmanageable, that is the way it will be.

I was released two days early, and my recovery is going well. The surgeon said six months is the typical recovery time and he expected me to come in under four months.

Why? My positive attitude, my desire and ability to be off of all medications as fast as possible and an unrelenting commitment to my recovery.

Should any of you be facing a surgery in the near future, contact me.

If you have any questions please do not hesitate to contact me by telephone, 310.204.3321, or by email at nickpollak@hypnotherapy4you.net (mailto:nickpollak@hypnotherapy4you.net). See my website at www.hypnotherapy4you.net (http://www.hypnotherapy4you.net)



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