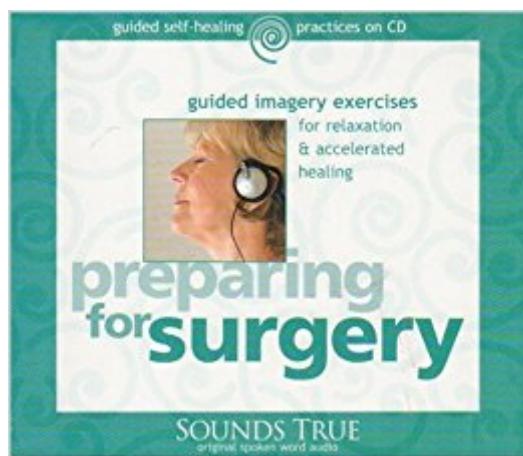


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# Preparing For Surgery: Guided Imagery Exercises For Relaxation And Accelerated Healing



## **Synopsis**

Are you preparing for major surgery? Recent medical research indicates that guided imagery is an effective way to maximize the body's healing resources and take the worry out of surgery. Martin Rossman, M.D., presents *Preparing for Surgery*, a series of simple yet effective imagery techniques proven to benefit patients with shorter hospital stays, fewer complications, less pain, and less bleeding after an operation. Listeners will learn the tools to support a successful and easier surgery, as well as to speed and stimulate the recovery process. Includes three exercises: preparing for a successful surgery, preparing on the day of surgery, and healing well after surgery.

## **Book Information**

Series: Guided Self-Healing Practices

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## **Customer Reviews**

Martin Rossman, M.D., presents *Preparing for Surgery*, a series of simple yet effective imagery techniques proven to benefit patients with shorter hospital stays, fewer complications, less pain, and less bleeding after an operation.

Guided imagery has been recognized by the medical community since the early 1920's as a successful adjunct to modern medical treatment. From cancer and pain management centers to sports performance programs and university medical schools, guided imagery is being incorporated into healing programs worldwide.

I found it to be very soothing and relaxing to listen to before the surgery - I couldn't stay awake

through it! I only know what he said on the disc because I listened to it while walking right after I received it. I played it as I fell asleep every day for a month before my surgery. (I did not listen to it the morning of my surgery - it was scheduled for extremely early and I just didn't have time.) My anxiety the morning of the surgery was almost nonexistent, I felt surprisingly well on awakening, and I really did recover quite well, both in the hospital and afterward. I still use the relaxation technique he uses at the beginning of the audio. I would definitely recommend this disc. I felt like the three visualization tracks (before surgery, day of surgery and after surgery) were extremely similar in content - there's only a small portion of the audio that is different for each of them, as far as I can tell, just the bits that really would be different during the different time frames. It isn't a problem, but for some reason I expected more difference between the tracks. The disc also contains a track that explains the benefits of using an audio of this type, and I suspect that listening to that track reinforces the positive effects of the visualization by giving you more solid confidence in the effectiveness of the visualization contained on the disc.

This is a great CD. I'm going to use for upcoming hip surgery. I've never had surgery and I'm pretty nervous, and I've already listened to one chapter of this. I'm finding that it helps me focus on the possible positive outcomes rather than what could go wrong, and this is SUPER important for recovery- you only get one shot at that. The only thing that it might improve is background under the speaker. Each track starts with some "theta state" meditation bells, and I really liked that and recognized it from other meditation CDs. But it's only a starter; it goes away when the speaker begins talking. I thought it might be nice to continue that softly under his voice as a suggestion. But that's a very minor thing and overall, this CD is great. It gives you very specific things to focus on. Surgery is stressful- this definitely has the potential to make it easier!

At the hospital I was offered "something to relax you, like two Mai Tais" not once, but twice, and was easily able to decline it due to practicing the techniques in the CD. I told the anesthesiologist, the pre-op nurse and the surgeon about this CD and how "surprisingly OK" I felt in terms of feeling calm. I even planned to gift them copies of it. I highly recommend this product. Twice a day for about a week prior to my operation I listened to it. Very easy to follow. The voice, tone and pace of the sessions were so relaxing, I even noticed my two cats padding to their cat beds and falling asleep while playing it. No kidding. As they rolled me out of pre-op to go to the OR, they gave me the "relaxer", despite the above. I found out much later it was Midazolam--which is also referred to under these brand names: Versed, Dormicum and Hypnovel. It basically makes you blackout drunk

within seconds to a couple of minutes. It keeps you awake while giving you amnesia during pre-op and certain procedures, placing you in a so-called "obedient" and "disinhibited" state. Most people think they slept (since they can't remember). It turns out it is pretty common for people not to be told the actual effects of the drug prior to receiving it, which is why I mention it here, before you have your operation. Ironically, it was after receiving this drug and after my operation that I suffered anxiety, nightmares, etc. (I was one of the minority with at least partial recall). You may already know about Versed and/or be fine with it. Reasons pro/against can be Googled. There are similar drugs out there, but Midazolam is extremely popular right now. To know your options and ensure your preferences are met, do your own research and consider arranging a meeting with the anesthesiologist prior to the day of the operation. If you don't want Midazolam, Write "No Versed/Midazolam in any amount for any reason" on forms. You may even consider a Nurse Patient Advocate (unaffiliated with the hospital). It's your body, brain and money, after all. Hope it helps. And do try the CD....

I used this CD (I bought the CD and uploaded it to my MP3 player) before major orthopedic surgery. I found Rossman to be very no-nonsense and utilitarian in a way that appealed to me. He has a certain sort of voice that I personally associate with northeastern male social workers and psychologists which definitely works for me as familiar to me from my profession! Other pre-surgical meditation CDs got on my nerves: too much new age music or comments about envisioning guardian angels. This was the perfect one for me. But you should try to find sound samples elsewhere of the other choices on . That may help you make your decision. For me this was a short meditation and one that I was able to integrate into my life (which includes work and kids) easily before the surgery; I also used it the day of the surgery before the operation and for a couple of days afterward. I think it kept me calm, taught me how to keep myself calm, and aided my healing.

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