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Pre-operative Anxiety

One of the biggest problems faced by doctors is that of pre-operative anxiety. Most children and many adults are scared of operations â€“ a known fact. In a report published in July 1998, titled â€œHypnosis and its application in surgeryâ€•, it was stated that hypnosis has been used since 1992 on over thousands of patients. The report showed that when hypnotherapy was used before an operation, the anxiety of patients reduced significantly.

Faster Recovery-

If patients are in pain or have increased levels of anxiety after their operations, their mind becomes troubled. In this troubled state, it becomes harder for the body to properly recover. When their mind is at ease, so is their body and hence the body recovers faster. In the same report published in July 1998, titled â€œHypnosis and its application in surgeryâ€•, the research also showed that when hypnotherapy was used before operations, it helped improve the speed of recovery after the operation because patients were more relaxed and at ease. This is essential for proper recovery.

Post-operative Pain

Additionally, when hypnosis was used alongside local anesthesia, the pain associate with post-operative pain also reduced. When hypnotherapy was used after the patient was sent home, it helped them reduce their anxiety and pain; enabling them to recover faster.

Pain Therapy-

Doctors also prescribe hypnotherapy to their patients as a way to effectively manage their pain. In fact, in a 1995 publication in the Journal of Pain and Symptom Management, titled â€œDifferential effects of hypnotic suggestion on multiple dimensions of painâ€•, the research showed that hypnotherapy reduced the intensity of pain reported by many patients.

Easing Tensions â€“

Pregnancy- A study was conducted in 2000 and was titled â€œThe use of hypnosis in emergency medicineâ€•. In the study, it was shown that hypnosis is an effective tool at controlling pain and anxiety in the emergency room and especially during delivery and labor. Hypnosis reduced the stress and trauma that women experienced before and after childbirth.

As has been made evident with many case studies, hypnosis is a great tool to use during surgery, after it and in everyday life. Doctors are starting to increasingly use hypnotherapy in assisting their patients. With more success every day, it seems that this trend is going to continue.

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