

IMPROVE YOUR EXPERIENCE, OPTIMIZE YOUR RECOVERY

Preparing for surgery can be difficult and stressful. Many women find themselves so overwhelmed researching



medical information, making difficult decisions, and preparing family, household and workplace for their time

away, that they neglect to prepare themselves. However, the value of preparing yourself for surgery has been clearly demonstrated in improved outcomes.

Based on positive research results, let us help you get ready. We will provide you not only with information about your procedure, but with guidance and techniques to feel more comfortable and confident as you face surgery and progress toward an optimal recovery.



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MIND·BODY SURGERY SUPPORT PROGRAM



USE THE MIND-BODY CONNECTION TO HEAL

Clinical studies have shown that reducing stress can improve comfort levels after surgery, strengthen the immune system, and promote wound healing. Surgical patients who use mind-body techniques



may feel decreased pain and anxiety, use less pain medication, experience fewer complications, leave the hospital earlier, and heal more quickly. These techniques are easy to learn and use, and require no special skills.

In fact, even though most women who participate have never tried anything like this before, feedback we have received from both patients and their surgeons since the program began in 2005 has been extremely positive.

PERSONALIZED PREPARATION

In our program you will meet with Harise Stein, MD, approximately one week before surgery in an hour long session. Dr. Stein is a board certified Ob/Gyn who specializes in Mind-Body Medicine. She will help you prepare for surgery, focusing on your specific concerns and past experiences. Together you will make a list of questions for your surgeon. You will also learn a “toolkit” of relaxation methods to use as needed.

In addition, you will be loaned a highly successful guided imagery CD set researched for surgical patients. CD 1 contains a 20 minute music, relaxation and imagery session to prepare you for surgery, as well as positive healing statements to use for your recovery. CD 2 is a music CD to listen to in the operating room. A stamped mailer will be provided to return the CDs when you are finished. While the best time to start listening is 3–7 days before surgery, even listening once can be effective.

WHAT DOES IT COST?

This program is a free service of your care provided by the Stanford Gynecological Services Department.

WHO CAN BENEFIT?

While anyone can benefit from this program, it may be most helpful for those who:



- ◆ have had a difficult surgical experience in the past
- ◆ are feeling more anxious than they would like
- ◆ have negative feelings about the loss of a body part or function, such as removal of the uterus or ovaries
- ◆ have any medical conditions, such as increased blood pressure, which might be improved by reducing stress
- ◆ have used relaxation methods or imagery in the past
- ◆ are simply curious, and want to optimize their healing.

QUESTIONS OR APPT.

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