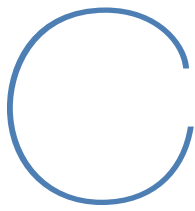


# relaxation therapy

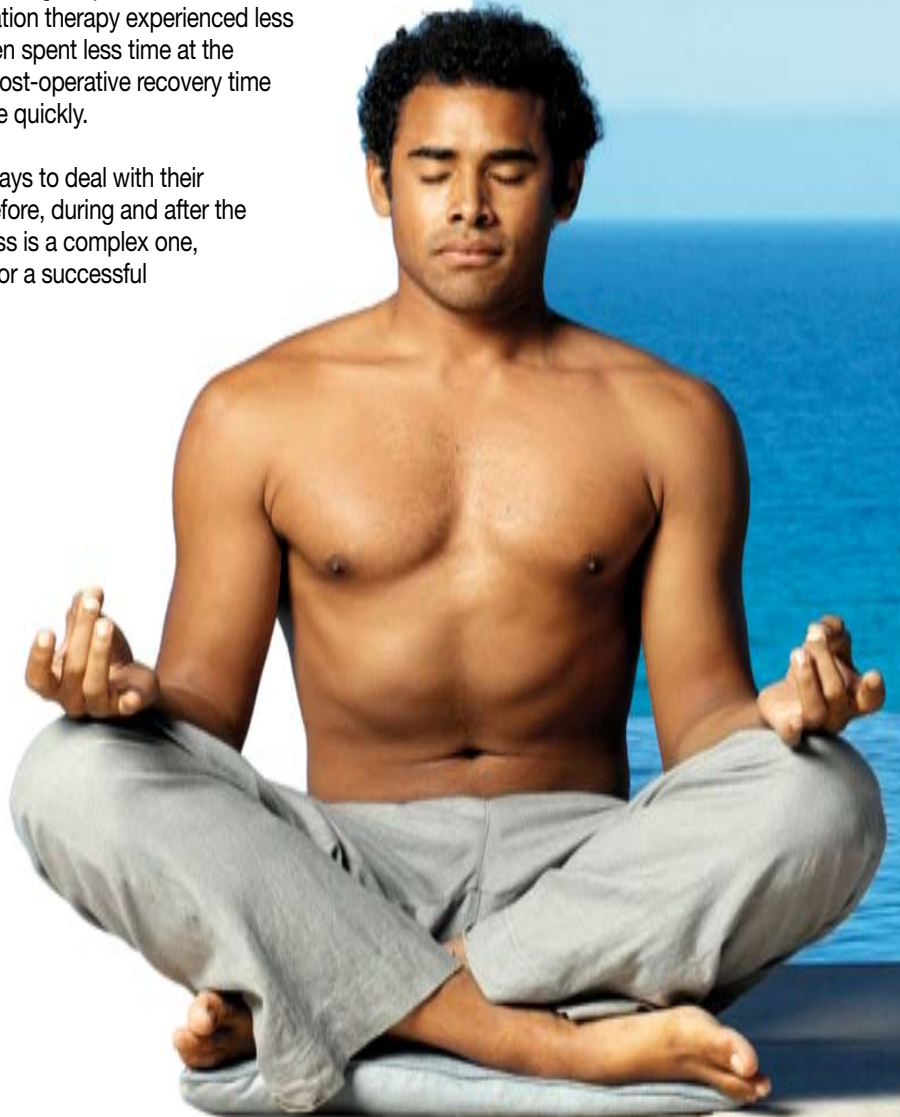
when used before & after  
**surgical procedures**  
has been shown to reduce  
recovery time & aid  
**the healing process**



cosmetic and aesthetic surgery can be quite an intense psychological experience because, in addition to the usual concerns, cosmetic patients bring their hopes and expectations for an improved self-image. A certain level of anxiety is natural but high levels of stress both pre and post-surgery have been shown to interfere with the patients' ability to heal effectively.

Conversely, recent studies show how relaxation techniques in particular are effective in enhancing patients' ability to recover from surgical procedures. Patients who underwent pre and post-surgical relaxation therapy experienced less post-operative pain and found that they often spent less time at the hospital. Most importantly they found that post-operative recovery time was shorter and that their scars healed more quickly.

Relaxation therapy sessions give patients ways to deal with their concerns and the means to feel peaceful before, during and after the surgical procedure. Since the healing process is a complex one, improved calmness is extremely beneficial for a successful surgical outcome.



- For best results it is recommended the patient start sessions as early as possible before surgery and to continue for at least two weeks after surgery.

Sessions last on average between 40 - 50 minutes and are given in quiet, comfortable surroundings where the relaxation therapist may use any combination of the following techniques to ensure patients' optimal preparation and recovery pre and post-surgery :

### 1 - BREATHING

This technique involves guidance to help specifically locate and relax parts of the respiratory system combined with instructions on how to regulate the breath. The process ensures the respiratory system takes in more of the vital nutrient oxygen and expels more waste in the form of carbon dioxide.

### 2 - PROGRESSIVE MUSCLE RELAXATION

Modern neurophysiologists have been able to demonstrate an obvious relationship between the body and the brain. Through progressive movement of awareness of the body parts deep physical and mental relaxation is induced.

### 3 - GUIDED IMAGERY

This technique involves first being led into a relaxed state and then being expertly guided in creating mental imagery so that space for negative and anxious thoughts automatically becomes less as the mind is taken up with peaceful images, thus inducing a feeling of serenity and deep relaxation. This is an important part of self-healing and has a positive effect on the immune system, thus reducing the chance of post-operative infection.

### 4 - HATHA YOGA POSTURES

Preparation (pre-surgery) – body movements will be carefully matched to patients' specific needs related to the type of surgery they are undergoing. Postures will be expertly arranged in a sequence that will help prepare and tone the body, improve blood circulation and release tensions to ensure the patient

is in an optimal state both physically and mentally for the operation.

Recovery (post-surgery) – body movements will be carefully matched to patients' specific post-op needs. Practice will be gentler focusing on sitting and lying postures that help restore the body's natural balance. A strong emphasis will be placed on postures that help to strengthen the immune system and calm the nervous system, thus helping the body to fight infection and speed up the healing process.

Probably one of the most important factors in relaxation therapy is the skill and the way in which your therapist gives instructions. In the same way that different typ

f music can induce different physiological states (some music just makes you want to dance) certain voice tones are naturally equipped to induce a deep state of relaxation.

Anyone preparing for any surgical procedure will benefit from relaxation therapy sessions. For best results it is recommended the patient start sessions as early as possible before surgery and to continue for at least two weeks after surgery. In addition, patients are strongly advised to drink lots of good, clean water, minimise or ideally cut out completely consumption of alcohol and cigarettes and to eat a balanced diet with lots fresh fruit and vegetables (organic if possible).



By Neo Ornelas, LLB  
Yoga's teacher & relaxation therapist  
neo@yogawithneo.com