

BEFORE YOUR SURGERY

Feeling Anxious?

It's normal - and there's a lot we can do to help.

60 to 80% of patients feel real anxiety before surgery.

You're not being dramatic, and you're not alone. Please tell us how you're feeling.

It's normal	Common fears - not waking up, waking up during surgery, pain, losing control - are all understandable, and all things we manage every day.
Medication to relax	If you'd like, we can give you a mild medicine that helps you relax, often within minutes of arriving. Many patients feel calm before they ever reach the OR.
Talk to us	Ask questions, and ask us to explain each step as we go - or to stay with you as you fall asleep. We do this all the time.
What you can do	Slow breathing (in for four, hold four, out four), good rest, and bringing music or a support person. Avoid googling worst-case stories.
Severe anxiety	If you have an anxiety disorder or a past trauma, tell us ahead of time. We can take extra steps and meet before surgery day.