



TO SUM UP...

Hypnosis is a technique that makes surgical procedures more comfortable, while limiting the amount of medication injected.

We hope that this document has answered the key questions you may have.

When you arrive on the ward, we invite you to come and talk to us if you need any further information.

A gentle, effective approach to boost your confidence and help you prepare optimally for surgery, anaesthesia or childbirth.

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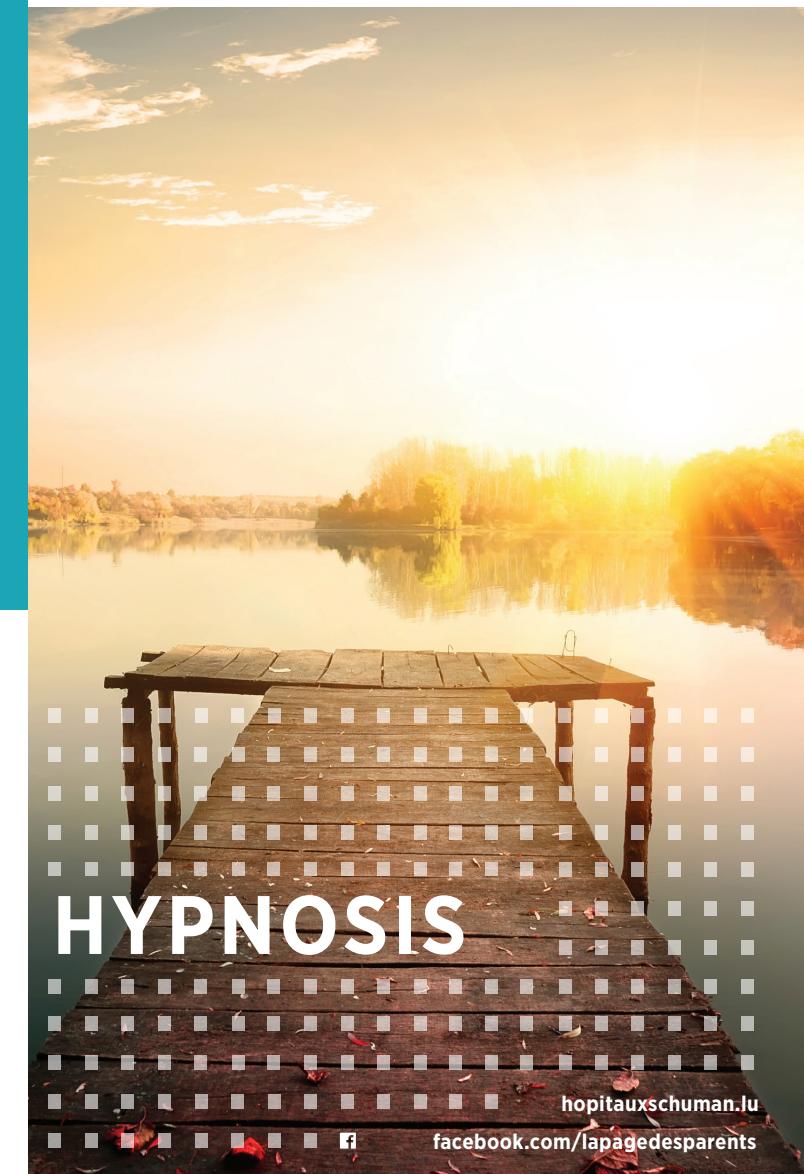
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**A NATURAL METHOD TO SUPPORT
YOUR SURGERY, ANAESTHETIC OR
THE BIRTH OF YOUR BABY**



WHAT IS HYPNOSIS?

It's a particular state of consciousness that everyone has experienced without knowing it was hypnosis.

For example, at the wheel of a car, when you're driving automatically and your mind is elsewhere; or in a classroom or theatre, when your mind is focused on something else while your body stays put.

This particular ability of the brain allows us to experience boring or uncomfortable moments in a more pleasant way while losing track of time.

WHO WILL LOOK AFTER ME ?

A nurse who has undergone further training in Ericksonian hypnosis will oversee you.

HOW DOES THIS WORK IN PRACTICE ?

When medical procedures have to be carried out, it is difficult to immerse oneself spontaneously and at will in this state unless one has learned to do so. However, with a carer trained in these techniques, it becomes easier and more useful.

In the operating theatre, you'll find an anaesthetist and/or a anaesthetic nurse trained in hypnosis, assisted by two nurses.

We'll make you comfortable and invite your feedback on your levels of comfort (heated blanket, subdued light, pillow...).

The hypnosis practitioner will then help you to relax your whole body and enter a state of hypnosis.

You can leave and re-enter this state of hypnosis whenever you like.

IS IT SAFE ?

Properly practised, hypnosis is no more dangerous than daydreaming. All it requires is the motivation and cooperation of the patient, who must have confidence in their carer.

WILL IT AFFECT MY CONDITIONS OF HOSPITALISATION ?

It in no way changes the conditions under which you are hospitalised; it simply means that you may be discharged from hospital earlier.

DOES IT ALWAYS WORK ?

If the patient and practitioner work together, the chances of success are very high. There are a huge number of conclusive studies on the effectiveness of hypnosis.

The technique used requires your full cooperation. Nothing can be done against your will, and this is what makes medical hypnosis different from that which you may have seen practised in shows.

AND WHAT HAPPENS IF IT DOESN'T WORK FOR ME ?

That's the whole point of entrusting the hypnosis to a member of the team trained in anaesthesia: they can adapt the method used at any time, depending on your needs or wishes. So, if it becomes necessary or if you change your mind, another anaesthetic technique is always possible.

You are free to change your mind at any time, from the end of the consultation to the day of the operation.

Hypnosis is a complement to anaesthesia, making it possible to reduce the dose of medication

CAN I PREPARE MYSELF FOR HYPNOSIS ?

Yes, because to make it easier, it's useful to prepare a theme for a "hypnotic journey", i.e. a pleasant memory or the details of an activity you really enjoy (running, walking, painting...).

Here is a table to help you identify a theme, simply as a guide to support your thinking.

POSSIBLE JOURNEY THEME

| What to choose | An example to help you understand |
|---|---|
| A PLACE | the beach |
| A SEASON | summer |
| A TIME OF DAY | morning at dawn |
| ALONE OR ACCOMPANIED | alone |
| THE WEATHER | beautiful |
| A VISUAL DETAIL | turquoise sea |
| AN AUDITORY DETAIL | calm |
| A DETAIL RELATED TO MOVEMENT, TEMPERATURE, TOUCH... | warm sand underfoot |
| A SMELL | smell of the sea |
| A TASTE | the sweetness of the apple I'm eating |
| OTHER | What I love is walking alone by the sea |

