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Hypnotic suggestion for intra and postoperative pain control

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Pain is an individual somatosensory – emotive experience. This emphasizes that we must deal with pain case by case because patient's personality is different. Their cognition about pain, their competence and their lifestyle and attitude would affect their pain perception and pain tolerance. Then many of psychological intervention can help pain sensation. There are some well-known interventions for this manner, including cognitive therapy, mental relaxation, biofeedback and hypnosis. Hypnosis is an attentive receptive brain state. Its principle components are absorption, dissociation and reduce peripheral awareness. Hypno-analgesia has defined as guided imagery that may lead to dissociation to pain sensation or distortion of pain perception. Hypnotic suggestions induce a hypnotic state and then hypnotherapist guides them to association of manners that associated with calmness, painless or sensation of other senses far as pain like pressure instead of pain. This suggestion may control pain during surgery. Many reports are about a wide variety of surgeries that had done under hypnotic state without using anesthesia drugs (Cesarean section, labour abdominal surgery, orthopedic operation and so on). Also suggestion can lead to induce postoperative painless period. It needs to induce a conditioning state during surgery and suggest patient to be pain free on postoperative period. The author presentation would include some brief movies about surgeries that the author has done them without anesthesia just only through hypnosis and they show intra and postoperative analgesia.

Biography

Mehdi Fathi is a Fellowship of Cardiac Anesthesia. He is Associate Professor in Imam-Reza Hospital, which is a central hospital of Mashhad University, Mashhad, Iran. He was trained short course of regional blocks. He is also an International Lecturer in the hypnosis field and he is the Secretary of Iranian scientific society of clinical hypnosis.