



Augmenting your medical care

Prepare for Surgery-Heal Faster

Using the guided imagery techniques pioneered by Peggy Huddleston in Boston, you can participate more fully in your own healing and be more relaxed and prepared for surgery than you can imagine.

Here at Kaiser Permanente in Santa Clara, we offer you the opportunity to learn the ***Five Steps to Healing***.

Several of our staff are trained to teach these healing steps and to help personalize them for you. Parents can learn too.

When your surgery is scheduled, call the preoperative center to make an appointment for your personal workshop. The workshop only takes forty-five minutes to an hour to complete.

One or two weeks is the ideal for maximum benefit, but don't worry if you only have two or three days; you can still receive tremendous benefit. Bring your portable cassette player and a headset!

Many patients across the country have benefited from such programs. Not only are people more prepared for surgery, they often use less pain medication than expected and may go home sooner.

Call (408) 236-4339

Some additional resources:

Healing From the Heart *by Mehmet Oz, M.D.*

Prepare for Surgery, Heal Faster *by Peggy Huddleston, MTS*

The Relaxation Response *by Herbert Bernstein, M.D.*

Tapes:

Prepare for Surgery, Heal Faster *by Peggy Huddleston, MTS*

Health Journeys-Surgery *by Belleruth Naparstek*

Websites:

<http://www.healfaster.com>

<http://www.healthjourneys.com>

Peggy Huddleston's program, Prepare for Surgery, Heal Faster is on sale at the Volunteer store in the main lobby of the hospital.