



# Managing Pre-Op Fear: Your Guide to Feeling More Prepared and Calm

*A compassionate guide to handling pre-surgery anxiety*

## You're Not Alone in Feeling Scared

First of all, it's important to acknowledge that feeling anxious and overwhelmed before surgery is completely normal. I was terrified! It's okay to feel scared or uncertain about what's going to happen next. There are several things you can do to help manage your anxiety and prepare for surgery that I hope will help you here.

## Talk to Your Healthcare Team

One of the most helpful things you can do is talk to your healthcare team about your concerns at your consults or pre-op appointment. They can help you understand the procedure and what to expect during recovery. You can also ask them questions about any risks or complications associated with the surgery. Understanding what's going to happen can help alleviate some of your fears and make you feel more in control. Please take a support person with you if needed. We have several resources to support you during your pre op appointment in our resource packed membership - please reach out if you would like the details.

## Practice Relaxation Techniques

Another way to manage your anxiety is to practice relaxation techniques. Deep breathing, visualization, and progressive muscle relaxation are all helpful techniques that can help you calm your mind and body. You can also try gentle yoga, meditation, or aromatherapy to help you relax.

## Take Care of Yourself Before Surgery

It's important to take care of yourself in the days leading up to surgery. Make sure you get plenty of rest where possible, eat healthy foods, and keep busy to keep your mind occupied. Planning a few treats for yourself can make the pre-op period a little easier as you have little

things to look forward to. Exercise can also help reduce anxiety and improve your mood. Even a short walk outside can help you feel more relaxed and calmer.

## Reach Out for Support

If you're still feeling overwhelmed or anxious, it might be helpful to talk to someone who has been there and understands. They can provide you with additional coping strategies and support during this difficult time. We have thread and chat spaces within our membership as well as our included in person online support groups! I also offer 1-1 support options, and our Facebook Group that you can make full use of. Equally, you might have a supportive partner, family member or friend that you can talk things through with.

## On Surgery Day

On the day of surgery, it's normal to feel nervous or scared. It's important to remember that you're in good hands and that the healthcare team is there to help you. You can ask them to explain what they're doing at any point during the procedure if you feel anxious or uncertain.

## After Your Surgery

After surgery, it's important to follow your doctor's instructions for recovery. Rest as much as possible and avoid all heavy lifting, strenuous, and sexual activity until you're cleared by your doctor. Make sure to take any medications as prescribed and attend any follow-up appointments. We have lots of post-op information and support in our Post Op Recovery course, included with your membership.

It's also important to take care of your emotional well-being during recovery. Don't be afraid to ask for help or support from family and friends or lean on us.

## 10 Tips for Managing Anxiety

**Practice deep breathing:** Slow, deep breaths can help calm your mind and body.

**Visualize a calm place:** Close your eyes and imagine a peaceful scene, such as a beach or forest.

**Practice mindfulness:** Focus on the present moment and observe your thoughts and feelings without judgment.

**Exercise regularly:** Physical activity releases endorphins, which can help improve your mood.

**Get enough sleep:** Lack of sleep can worsen anxiety, so aim for 7-9 hours of sleep per night.

**Limit caffeine and alcohol:** These can make anxiety worse, so it's best to avoid them or limit your intake.

**Practice relaxation techniques:** Yoga, meditation, and progressive muscle relaxation can help you relax and reduce anxiety.

**Stay connected with loved ones:** Social support can help reduce feelings of anxiety and stress.

**Write it out:** Journaling can be a helpful tool for managing anxiety. Writing down your thoughts and feelings can help you process them and gain clarity.

**Practice self-care:** Take time for yourself to do things you enjoy, such as reading, taking a bath, or going for a walk. Self-care can help reduce stress and anxiety.

## 10 Tips to Help with Relaxation

**Practice deep breathing:** Slow, deep breaths can help you relax and reduce stress.

**Try progressive muscle relaxation:** Tense and then relax each muscle group in your body, starting with your toes and working your way up to your head.

**Take a warm bath (once cleared) or shower:** The warm water can help ease tension in your muscles and promote relaxation.

**Listen to calming music:** Music can have a relaxing effect on the mind and body.

**Practice yoga or stretching:** Gentle movement can help ease tension and promote relaxation.

**Use aromatherapy:** Essential oils such as lavender, chamomile, and peppermint can promote relaxation and calmness.

**Practice mindfulness:** Focus on the present moment and observe your thoughts and feelings without judgment.

**Spend time in nature:** Being in nature can have a calming effect on the mind and body.

**Read a book:** Reading can help distract your mind from stress and promote relaxation.

**Take a break from technology:** Constant screen time can contribute to stress and anxiety, so it's important to take breaks from technology to promote relaxation.

*Remember, feeling anxious before surgery is completely normal, and there are many ways to manage these feelings. You don't have to go through this alone - please reach out for support when you need it.*

**You can find details about all of our hysterectomy support options on our website here:** [🌐 Hysterectomy Support and Shared Experiences](#)



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