

Affirmations for Surgery

Affirmations are positive statements. They can help change negative situations into ones that are positive. Affirmations can help you feel in control and help you get ready for your surgery.

Examples of affirmations

- I am relaxed and calm as I prepare for this surgery.
- My surgery will be successful.
- I will wake up easily and feel refreshed after surgery.
- When I wake up after surgery, my pain will be managed.
- When I wake up after surgery, my nausea will be managed.
- My body will work quickly to heal after my surgery.
- My blood loss will be minimal and my body will quickly replace any blood or fluids.
- I am a strong person and will adapt to the lessons my body may be teaching me through this process.
- I trust in my body's ability to welcome in and use what is helpful and healing to me.
I also trust my body to reject what is unhealthy and not needed in my healing journey.
- I trust my health care team to use their skills for my good and to promote healing.

My affirmations

Create three to five of your own affirmations or choose from the examples above. Write them down below.

Read them aloud to yourself every day until your surgery. Take a slow, deep breath before you read each one. Bring them with you to your surgery so a member of your health care team can read them to you as you receive anesthesia.