

Affirmations for Surgery

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Affirmations are positive statements. They can help change your focus from negative feelings to positive ones as you face challenges in your life. Using affirmations as you prepare for surgery can help you feel in control and more at ease.

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 I will have little or no pain.
- When I wake up after surgery I will not feel nauseous (have an upset stomach).
- 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 doctors to use their skills for my good and to promote healing.

My Affirmations

Create your own affirmations (or choose from the examples) and write them down below.

I _____

 as I prepare for surgery.

- _____

- _____

(Breathe.)

- _____

- _____

(Breathe.)

- _____

Read them out loud 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.