Suggestion, relaxation, and hypnosis as adjuncts in the care of surgery patients: a review of the literature.
Blankfield RP.

Source
Case Western Reserve University School of Medicine.

Abstract

Eighteen clinical trials which employed an intervention using hypnosis, suggestion, or relaxation to facilitate the recovery of surgery patients were critically reviewed. Sixteen studies credit the intervention with facilitating either the physical or emotional recovery of patients following surgery. Two studies failed to document any positive outcome attributable to the intervention. The available literature suggests that hypnosis, suggestion, and relaxation are underutilized techniques which can shorten postoperative hospital stays, promote the physical recovery of patients from surgery, and aid in the psychological and emotional response of patients following surgery.

PMID: 2012007 [PubMed - indexed for MEDLINE]