

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 get ready for this surgery.
- I will wake up easily and feel refreshed after surgery.
- My surgery will be successful.
- My body will work quickly to heal after my surgery.
- When I wake up after surgery my pain will be at a realistic goal.
- I am strong and will gracefully 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.
- My blood loss will be minimal and my body will quickly replace any blood or fluids.
- I trust my health care providers 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 out loud to yourself every day until your surgery. Take a slow, deep breath before you read each one. Use your affirmations before surgery and during your recovery.