

## Instructions for Listening to Your “Less Stress Surgery” Guided Relaxation Audio



Dear Patient,

This audio MP3 file has been produced to exacting standards, utilizing the latest research in the field of behavioral anesthesia and mind/body medicine.

Studies confirm that listening to a specially produced guided imagery relaxation audio prior to surgery can reduce post-operative pain, decrease blood loss, decrease anxiety, shorten your hospital stay and improve wound healing.

For the best results begin listening to this audio (once or twice a day) starting 4 days prior to your operation and continuing for one week after your surgery.

Additional benefit will be gained if you also listen to this tape during your actual operation. You should discuss this with your anesthesiology provider and surgeon before your operation in order to avoid confusion.

I wish you the best of health and a speedy recovery from your surgery.

A handwritten signature in black ink that reads "Neil F. Neimark M.D." with a stylized flourish at the end.

Neil F. Neimark, M.D.