

# Ways to Relax Before Plastic Surgery

## 1. Allow Yourself to Feel Nervous Without Fighting It

Anxiety is part of the process of any surgery. You need to manage it, not resist it. Trying to force yourself to "be calm" can actually increase anxiety. You pressure yourself to feel one way when your instincts believe you should feel the other way. Remind yourself that courage does not require the absence of fear.



## 2. Understand What Your Anxiety Is Really Telling You

Pre-surgery anxiety often reflects care, not doubt. You care about your body, your health, your appearance, and, as a result, the outcome. You're not weak for being concerned. You're self-aware. Instead of trying to silence these feelings, it helps to listen to them.

## 3. Prepare Your Mind With Information

Uncertainty fuels anxiety more than almost anything else. When you don't know what to expect, your mind fills in the gaps with worst-case scenarios. Gain accurate, realistic information to bring those fears back into proportion. The more you know, the more your nervous system relaxes.



## 4. Manage Pre-Surgery Information Overload

While information can reduce anxiety, too much can have the opposite effect. Set boundaries around information intake. Choose reliable sources, such as your surgeon's website or your surgeon themselves. Trusting professional guidance helps you stay grounded in realistic expectations rather than hypothetical fears.

## 5. Keep Open Communication

You might feel the need to keep your worries to yourself. You might be afraid that whoever you talk to will judge you for groundless fears. However, this mindset often only makes your fears feel heavier and more overwhelming. Talking openly about your concerns is one of the most effective ways to calm anxiety.



## 6. Calm Your Body to Calm Your Mind

Your mind and body constantly communicate. When your body is tense, your mind interprets it as a sign of danger. Calming your physical state sends signals of safety back to your brain. Start simple practices like slow breathing, gentle stretching, or quiet walks. Even the small things can make a big difference in reducing physical tension before surgery.

## 7. Create a Restful Routine Before Surgery

When you are tired, anxious thoughts seem louder and more challenging to manage. But when your body feels rested, your mind becomes more resilient to stress. Even if you feel restless, establish a calming bedtime routine. This routine helps your body wind down, supporting both physical and mental preparation for your operation.

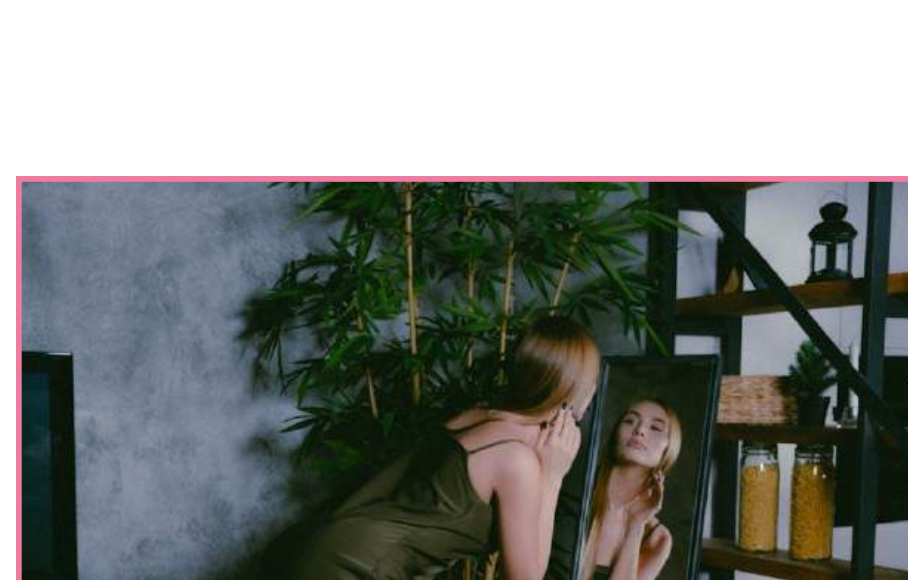


## 8. Stay Hydrated and Nourished

You've definitely heard the importance of eating healthy and staying hydrated for your physical health. Drink plenty of water to support your overall mental balance and comfort. Eating nourishing, familiar foods also helps stabilize your mood.

## 9. Reconnect With Your "Why"

Anxiety can drown out the reasons you chose surgery in the first place. Your worries may lead you to think that the operation won't be worth it in the end. Reflect on what led you to this decision and how it aligns with your values. Consider writing this reflection down. This introspective process can keep you grounded when doubts arise.



## 10. Visualize a Calm Experience

Visualization is a powerful and heavily underutilized mental tool. Imagine yourself feeling calm, prepared, and supported in the days leading up to your surgery. If you do this consistently, your brain will begin to associate surgery with safety rather than danger.